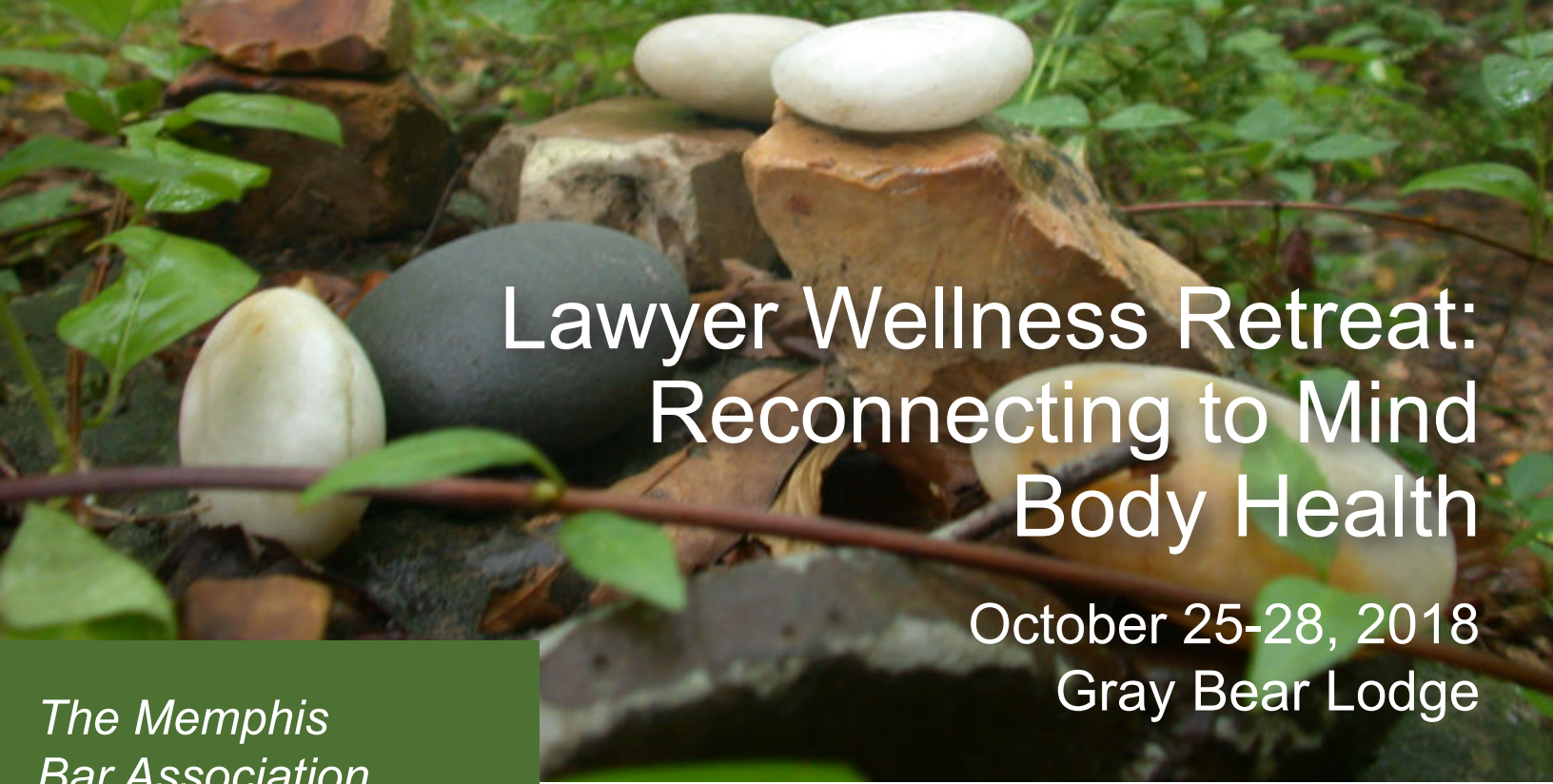




Lawyer Wellness Retreat: Reconnecting to Mind Body Health

October 25-28, 2018
Gray Bear Lodge

*The Memphis
Bar Association
Wellness Committee
is committed to
advancing lawyer
well-being, health
and resilience.*

- 10.25 hours dual CLE credit
- 6.5 hours CME credit
- Included in registration: 3 delicious organic vegetarian meals daily.
- For more information on Gray Bear Lodge, visit www.graybear.org
- For more information or to register, visit bit.ly/mba-wellness

The Wellness Retreat is held at Gray Bear Lodge, a rustic retreat center in middle Tennessee, near Hohenwald, known for its natural beauty and simplicity. It is a scenic 3 hour drive from Memphis and a two hour drive from Nashville.

Join us for the Fall colors at Gray Bear Lodge, nestled deep in the forest near Hohenwald, TN! Dual credit CLE for mindfulness based practices and curriculum based on research and concepts from neuroscience, psychology, medicine, and eastern philosophy on wellness.

Free time is available each day to:

- explore nature trails
- rest in hammocks
- receive body work such as traditional massage, Watsu, Reiki and Thai yoga massage
- practice yoga and meditation
- soak in the stone hot tub

Facilitators: Steven Bergquist, MD, Sharon Lusk, JD, CPA and Cindy Pensoneau, JD who have thousands of hours of yoga and meditation teacher training and experience and enjoy working together

Cost: \$865 for 3 nights shared accommodations, all meals and dual CLE credit and \$815 if no CLE credit; \$75-200 additional for private accommodations.

Space is consciously limited to no more than 20 participants.

For more information contact Cindy Pensoneau 901-270-7450 or the MBA office 901-527-3573