



NEW SOUTH WALES
BAR ASSOCIATION

Mindfulness Meditation

Presented by: Dr Chien Hoong
Gooi, Chris O'Donnell SC,
Nick Poynder, Michelle Yu &
Theresa Baw

Chaired by: Kylie Nomchong
SC

NSW Bar Association
Common Room

5.15pm Monday
6 August 2018

1.5 HOUR SEMINAR
1.5 CPD POINT IN the Practice
Management and Business Skills
STRAND

A Brief Introduction to Mindfulness

The practice of mindfulness meditation leads to greater steadiness and clarity of the mind, and is a skill which everyone can develop to improve mental and emotional wellbeing.

This session provides a practical introduction to mindfulness meditation and includes some short meditation exercises to help individuals gain an experiential understanding of mindfulness practice.

Also barristers that practice mindfulness meditation will share their experiences of why they do it and how they overcome any hurdles in keeping it up.

THIS SEMINAR IS OPEN TO MEMBERS OF THE NSW
BAR ASSOCIATION

REGISTRATION IS NOT REQUIRED

For more information, please contact Tiffany McDonald
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 Continuing Professional Development