



NEW SOUTH WALES
BAR ASSOCIATION

Meditation for Lawyers

5 week course

Presented by:

Chamundai (Jackie Curran)

lawyer, business owner, spiritual teacher and healer

**NSW Bar Association
Common Room**

**4.30pm- 5.45pm starting
Friday 17th July 2015.**

week 2- Friday 24 July

week 3- Friday 31st July

week 4- Friday 14th August

week 5 -Friday 21st August

This course has been organised by the New South Wales Bar Association Health and Wellbeing Committee.

In this meditation course you will :

- Relax the body and the mind
- Understand basic function of left & right brain and why you need both active to be effective
- Experience gentle meditation each week
- Understand the benefits of meditation for lawyers
- Use the breath to bring relaxation, focus and a clear mind
- Use sound to assist you in meditation
- Experience a meditation for healing the body
- Learn ways to bring more energy into your day
- Learn how to disconnect from your clients and your work day

It is recommended that complete the full five weeks in order to achieve the benefits.

**THIS PROGRAM IS OPEN TO MEMBERS OF THE NSW
BAR ASSOCIATION**

REGISTRATION IS NOT REQUIRED

For more information, please contact Bali Kaur
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**NSW Bar Association
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