

A WELL BEING RETREAT for LAWYERS and their ASSOCIATES

A weekend detox from work using meditation and discussion

Meditation is like pure oxygen for your mind. This weekend aims to facilitate the learning of stress reduction techniques and the development of clarity around work-life balance in context of the challenges of the legal services industry.

"Job stress and other work related psychosocial hazards are emerging as the leading contributors to the burden of occupational disease and injury"

(Australian School of Applied Management)

Guest speaker:

The Hon Michael Kirby AC, CMG,

former Justice of the High Court of Australia and Honorary Professor at 12 Universities

You are invited to arrive between 9am and 9:30am
on Saturday 23rd March.

The retreat finishes with lunch at 1pm on Sunday 24th March.

Enquiries email:

bookings.bluemountains@au.brahmakumaris.org

 **CENTRE FOR
SPIRITUAL LEARNING**
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