



NEW SOUTH WALES
BAR ASSOCIATION

Meditation for Lawyers

Presented by:

Jackie Curran

Chair:

Peter McGrath SC

**NSW Bar Association
Common Room**

**5.15pm Monday 2 November
2015**

**1 HOUR SEMINAR
1 CPD POINT IN THE
MANAGEMENT STRAND**

Meditation improves your focus and clarity, increases your energy and health, helps create happy clients, co-operative, productive staff, improves your creativity and your business.

Jackie Curran – is a lawyer, business owner, spiritual teacher and healer, and expert in conflict resolution with more than 20 years experience in the practice of law and conflict resolution. She has been practicing and teaching meditation for the past 10 years and has experienced the way it brings good health and inner peace into the practice of law, and now shares that experience in a practical way with the legal profession.

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

**THIS SEMINAR 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
Selborne Chambers, B/174 Phillip Street, Sydney**

cpd Continuing Professional Development