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MINDFULNESS MEDITATION REACHES ATTORNEYS  
Institute for Mindfulness Studies Exhibits at 2008 Florida Bar Convention

**BOCA RATON, Florida** – Annual bar conventions for lawyers have been taking place across the country for decades. At the Florida Bar’s 2008 Annual Convention, held last week at the Boca Raton Resort and Club, lawyers saw an exhibit not generally found at bar conventions. Whereas a few years ago such a sighting likely would be met with confusion, attorneys who stopped by the **Institute for Mindfulness Studies** table wanted to learn more with some excitedly sharing their own personal experience. The popularization of scientific research on the role of mindfulness on the brain has fueled the buzz.

Institute founder and director, **Scott Rogers, M.S., J.D.**, teaches Jurisight, a program designed specifically for attorneys, which combines the ancient teaching of mindfulness meditation with cutting edge **brain research** from leading scientists. Rogers’ approach does not require lawyers to sit and meditate. He explains, “I am interested in reaching lawyers where they are, and teaching them practical mindfulness techniques that they immediately can begin to incorporate into their lives and legal practices.” At the convention, attorneys took a few minutes to learn one of the Jurisight program’s “Learned Hand” stress-reduction and mindful-awareness techniques, involving the hands.

The Institute for Mindfulness Studies exhibit was visited by attorneys, judges, law professors and law students from across the state. Not surprisingly, many expressed interest in the Jurisight program and discussed bringing it to firms, law schools, and the judiciary. The timing is good as law schools are developing programs to bring greater balance to the law student experience and law firms are focusing on professional development programs to enhance their attorneys’ performance and well-being, and to reduce attrition.

Rogers hopes that as more attorneys incorporate mindfulness-based exercises into their law practice, they will enjoy their work more, surprise adversaries with less hostile and defensive tactics who then respond in kind, and together transform the legal system.

Rogers conducts the workshop “**Mindfulness, Balance & The Lawyer’s Brain**,” which has attracted attorneys throughout Florida across age, gender, and practice groups. He also speaks at law schools and law firms and works individually with attorneys, teaching Jurisight’s six-week program.

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If you’d like more information, or to schedule an interview with Scott Rogers, please call Kimberly Kate at 786-239-9318 or e-mail Kimberly at [kimberly@imslaw.com](mailto:kimberly@imslaw.com).

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