

Mindfulness, Balance & The Lawyer's Brain

A Workshop and Retreat for Lawyers

CONDUCTED BY
Scott Rogers, M.S., J.D.

December 15-16, 2007
Mandarin Oriental Hotel
500 Brickell Key Drive
Miami, Florida 33131

2008 Workshop Schedule Listed Inside

Learn more online at
www.imslaw.com

What you can expect from participating in this workshop . . .

- Mindfulness techniques that you will be able to practice seamlessly throughout the day to deepen your ability to become centered in the midst of turmoil.
- An introduction to the neuroscience of mindfulness, the plasticity of the brain, and the fascinating ways your brain responds to the application of mindful awareness in everyday life.
- The skillful ability to select among a variety of tools to tone down mental chatter and disruptive thoughts so that you can effectively focus on the pressing needs of the moment.
- Increase in energy levels and feelings of happiness and contentment.
- A more open, alive, and less judgmental approach to living moment-to-moment and interacting with family, colleagues, clients, and adversaries.

Institute for Mindfulness Studies

4045 Sheridan Avenue, No. 196
Miami Beach, FL 33140

RETURN SERVICE REQUESTED

**Uniquely Designed
for Lawyers!**

Mindfulness, Balance & The Lawyer's Brain: A Workshop for Lawyers with Scott Rogers, M.S., J.D.

Cost is \$550.00 and includes Saturday lunch, Saturday evening hotel reservations at the Mandarin, and Sunday continental breakfast. To register, please fill out this form completely and include your \$550 check or credit card information. You may also register by phone by calling 786-239-9318, or online at www.imslaw.com

Please make checks payable to:

Institute for Mindfulness Studies
4045 Sheridan Avenue, No. 196
Miami Beach, FL 33140

Visa MasterCard American Express Amount: _____

Card #: _____ Exp. Date _____

Name as it appears on card: _____

Workshop Dates: December 15-16, 2007

Name: _____

Address: _____

Daytime Phone: _____

Email Address: _____

Cancellation Policy: If you cancel 8 days or more prior to the workshop, you will receive a full refund. If you cancel 7 days prior to the workshop, a \$100.00 administrative fee will be assessed.

Mindfulness, Balance & The Lawyer's Brain

... an intensive two-day workshop for lawyers interested in finding greater balance, a deeper sense of well-being and achieving optimal performance in their personal and professional lives.

What lawyers are saying . . .

"Scott Rogers has the answer to finding harmony in the practice of law. Introducing concepts of mindfulness in my legal career was my answer to feeling fulfilled, balanced and rewarded. Scott has helped me to integrate different techniques into my workday - a benefit that has been felt in my personal life as well."

Lori Tashman, Trial Attorney

"Scott's original methods of waking us up to the present moment are easy to understand and a delight to experience. The simplicity and power of his techniques make them all the more appealing to busy lawyers."

Melvin Rubin, Family Law Attorney and Mediator

"As an attorney, I found myself always thinking, analyzing and planning ahead. This constant activity left me feeling exhausted and sapped me of any "joie de vivre." Ever since meeting Scott and incorporating his mindfulness techniques into my everyday life, I feel less anxious and in short - Happier! I am very grateful to Scott and his teachings. I encourage anyone who feels overwhelmed and over-stimulated to meet with Scott. It will change your life!"

Ana-Maria Deschapelle, Trial Attorney

"Scott has taught me techniques that I can seamlessly incorporate into my day. They're especially useful when the unexpected arises! In only a few weeks, I've noticed that I'm a more effective attorney and a more attentive person in general."

Josh Shore, Judicial Law Clerk

The Unique Design of this workshop is appropriate for you . . .

- if you want to find greater balance in your life, both at work and home
- if you become irritated during certain interpersonal interactions or when encountering the unexpected
- if you would like to enjoy greater clarity of mind during the workday to bring about more optimal performance
- if you would like to realize a deeper sense of well-being and happiness
- if you find yourself always "moving" and would like to be able to slow down, and feel more at ease.

The Workshop includes an introduction to mindfulness practice, discussion of brain science and neural-integration, mindfulness exercises, guided imagery, and personal attention. You will be introduced to Jurisight™, the mindfulness-based program designed especially for attorneys, using imagery and concepts grounded in the law.

About the instructor . . .

Scott Rogers is Director of the Institute for Mindfulness Studies. Scott has more than 15 years experience with mindfulness and other contemplative practices. His legal career spans 16 years and includes state and federal judicial clerkships, commercial litigation practice in state and federal court, and service as general counsel to an Internet company. He is a past chairperson of the Education Subcommittee of the Dade County Bar Association's Professionalism Committee.



Scott works with attorneys, both in individual and group settings, teaching mindfulness-based techniques to help them achieve greater balance in their lives so that they may experience more deeply feelings of well-being and optimal performance.

The techniques Scott has developed and teaches are based on traditional mindfulness practices and cutting-edge findings in the field of neuroscience. They are designed to be easily incorporated into an attorney's busy day.

Scott is a graduate of the University of Florida's graduate psychology program and law school. He received his master's degree in Social Psychology in 1988 and his Juris Doctorate degree in 1991, graduating summa cum laude. Scott is the author of "Mindful Parenting: Meditations, Verses and Visualizations for a More Joyful Life" (2006). Scott and his wife, Pamela, have been married for 14 years and have two children.

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A Lawyer's Workshop and Retreat

with Scott Rogers, M.S., J.D.

Workshop Hours

Saturday 11:30 a.m. – 6:00 p.m.

Sunday 9:00 a.m. – 1:00 p.m.

Registration

Space is limited so early registration is encouraged. To register, fill out the attached registration card and mail along with a \$550 check made payable to IMS, or your credit card information. You may also register by phone by calling (786) 239-9318 or online at www.imslaw.com.

Accommodations

Accommodations are included in the workshop fee and include Saturday evening hotel reservations at the Mandarin Oriental, Saturday lunch, and a continental breakfast on Sunday. Upon receipt of your registration and deposit, a confirmation letter will be mailed to you.

2008 Schedule*

January 14	Miami, FL
February 18	Naples, FL
March 10	Tampa, FL
April 14	West Palm Beach, FL
May 12	Tallahassee, FL
July 18-19	New York, NY
August 18	Orlando, FL
September 13-14	San Francisco, CA
October 6	Key West, FL
December 13-14	Miami, FL

* Registration fee, locations, and times posted on the imslaw.com website and announced in Florida Bar News.

www.imslaw.com

For more information on Scott Rogers, workshops, group presentations, or the services offered, visit the website address above. Private sessions are available for those living in the South Florida area.

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