



Tail of the Tiger



LAWYERING IN TIMES OF ECONOMIC UNCERTAINTY:

Applying Mindfulness Meditation in Law Practice

The Pavilion at Karmê Chöling, Barnet, VT, June 26, 2009

Third annual retreat for lawyers presented jointly by The Vermont Bar and Tail of the Tiger

Faculty

Robert Chender is the director of the Contemplative Lawyers' Group of the New York City Bar Association. He has been a mindfulness meditation teacher for over 30 years, and leads meditation seminars and retreats both in the U.S. and abroad. He is counsel at Seward & Kissel in New York City in their investment management and corporate finance groups.

Patton Hyman, a practicing attorney in Barnet, VT, is a member of the Vermont and Georgia bars and Development Director of Tail of the Tiger, an educational nonprofit corporation presenting seminars joining mindfulness meditation with the professions, business, and the arts.

John C. Newman, member of the Rutland, VT, firm of Kenlan, Schwiebert Facey & Goss, P.C., chairs the tax, estate planning and probate department of his firm. He teaches Shambhala Training, a non-sectarian program applying meditation to daily life situations. A frequent contributor to the Vermont Bar Journal, he recently authored a chapter for a book on international business immigration on the new mark-to-market exit tax for expatriate citizens and long-term residents.

Practicing law in times of economic uncertainty and dislocation presents special challenges to the attorney. Clients are experiencing a combination of financial and emotional distress, and the financial stability of lawyers and law firms themselves may be in question. In the midst of these pressures, the ability of the legal practitioner to function effectively requires stability, resiliency, and clarity of mind. In these times the ability to respond intelligently to emotional stresses of clients, colleagues, and opposing counsel is not only essential to an effective practice but also key in client development.

Mindfulness meditation and related contemplative disciplines are ways of training the mind's natural alertness, clarity, and presence

and is being used as a cutting-edge tool by lawyers, judges, law students and faculty for enhancing competencies, revitalizing careers, and managing stress. These practices are tools helping lawyers cultivate mental and emotional stability and to create open mental space for creative solutions. They include specific techniques for rousing energy and clarity in workplace settings.

This hands-on practical seminar will include mindfulness instruction and practice, interactive contemplations, professionalism sessions, lectures, and discussion.



MCLE Credit: 6.25 Credits (including 2 Professionalism Credits) (VT and NH)

Registration: 9:00 a.m.; Program: 9:30 a.m. – 5:00 p.m.

For Registration, contact the Vermont Bar Association at 802-223-2020.

Registration Fees (include program materials, lunch, and reception)

Early Registration Discount (by 6/19)

VBA or NH Mbr/Atty \$195 | Non-VBA Mbr/Atty \$325 | Assoc. VBA Mbr \$145 | All Others \$155

Registrations Received after 6/19

VBA Mbr/Atty \$205 | Non-VBA Mbr/Atty \$335 | Assoc. VBA Mbr \$155 | All Others \$165

No refunds after June 19, 2009

Directions to Karmê Chöling: I-91, Exit 18 (Barnet/Peacham), proceed west about 1/4 mile and turn at second street on right (Patneau Lane). After crossing the bridge over the Stevens River, proceed to parking lot (no charge).

Call Tail of the Tiger Programs, at Karmê Chöling: 802-633-2384 or visit www.tailofthetiger.org/documents/Lawyers_609.pdf

For more information about Tail of the Tiger, visit: www.tailofthetiger.org

