



## **MEDITATION FOR LAWYERS**

### **Every Friday between 12:15-1:00 PM**

A lot of lawyers still think of meditation as a pretty flaky business, perhaps slightly more credible than witchcraft or fortune telling, but definitely of the same ilk. Some of what passes as meditation can be a bit flaky, but the psychological benefits of traditional meditation practices are becoming more and more accepted. As a stress reduction measure, it is far more effective than a program of regular double scotches and it has none of the unfortunate side effects. Given the high levels of stress experienced by most practicing lawyers, the ease with which meditation can be incorporated into one's daily routine, and the significant personal benefits that can arise from meditation, there is much to commend it.

For those lawyers who are impacted by stress, depression or anxiety participating in this group will be tremendously helpful.

**When: Every Friday, Starting August 13th, 2010**  
**Where: at LAP # 415-1080 Mainland St., Vancouver, B.C.**  
**Time: 12:15-1:00 pm.**  
**(drop-ins are welcome)**

For further information, please call the Lawyers Assistance Program at **604-685-2171** or just drop into a meeting.

This workshop will be **facilitated by Kim Hansen, Experienced Lawyer, Litigator, Mediator and Meditation Teacher.** There is no charge for this workshop.

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