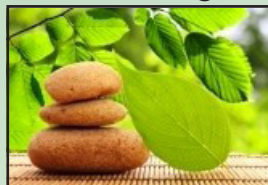


Oregon Attorney Assistance Program
 and Oregon Women Lawyers
 7th Annual
 Women's Wellness Retreat
 for Lawyers



Mindfulness:
 Navigating Life and Law

Friday, May 2, 2014 & Saturday, May 3, 2014
 Oregon Garden Resort
 895 West Main Street, Silverton, Oregon 97381

Friday

- 1:00-2:45 p.m. Registration/ Lunch Buffet
- 1:45-2:45 p.m. Introductory Activity
 - **Shari R. Gregory**
- 2:45-3:00 p.m. Break
- 3:00-4:00 p.m. Steady On: Navigation of Life and Law
 - **Amy Bushaw - Keynote**
- 4:00-6:30 p.m. Break
- 6:30-7:30 p.m. Dinner with Table Discussions
- 7:30-8:15 p.m. Break
- 8:15-9:00 p.m. Yoga for Relaxation
 - **Michelle Ryan**

Saturday

- 8:00-10:00 a.m. Buffet Breakfast
- 8:00-9:00a.m. Yoga for All Levels
 - **Michelle Ryan**
- 9:00-9:30 a.m. Break
- 9:30-10:30 a.m. Lawyering from Your Center: The Mind-Body Connection to Inner Peace
 - **Denise Gour**
- 10:30-11:15 a.m. Break/Check out
- 11:15 a.m.-12:15 p.m. Cultivating Emotional Resilience through Mindfulness
 - **Jillayne Sorenson**
- 12:15-2:00 p.m. Boxed Lunches, Garden Tour, Free Time
- 2:00-3:00 p.m. Life and Law: Finding Your North Stars
 - **Amy Bushaw**
- 3:00-3:15 p.m. Closing Remarks

Presented by:



Application for MCLE credits pending

special room rates
 available from
 Oregon Garden Resort
 through
 April 15, 2014
 (details on next page)



OAAP/OWLS
7th Annual
Women's Wellness
Retreat for Lawyers

ABOUT OREGON GARDEN RESORT:

**Reserve Your Room By April 15, 2014
To Receive the Special OAAP Rate:**

\$109 +tax per night for single or double occupancy.

- Reserve online: go to <http://bit.ly/huSkjM>
Group ID: OAAP Password: OAAP
- Or, reserve by phone: 1.503.874.2500
Reference Oregon Attorney Assistance Program

If you book by the April 15 deadline, this room rate is available for Saturday night as well, making for a relaxing, enjoyable weekend at the resort. After April 15, rooms are available on a first-come basis, and the rate is not guaranteed.

Retreat participants receive free access to The Oregon Garden.

For directions:
<http://oregongardenresort.com/Directions.htm>

For spa packages and information:

- Reserve online:
<http://oregongardenresort.com/Moonstone-Spa.htm>
- Or call in advance to reserve your on-site spa services: 503.874.2500
- Mention the group ID: OAAP to receive a 10% discount.

Meet our Facilitators:

Shari R. Gregory, LCSW, JD, assistant director/attorney counselor of the OAAP, has been with OAAP since 1999. She facilitates a variety of support groups for lawyers, including a women's work/life balance group and *Inner Peace for Busy Lawyers*. Shari has a master's in social work and in 2010 obtained her license in clinical social work.

Amy Bushaw, JD, is a professor of law at Lewis & Clark Law School in Portland, Oregon. She regularly speaks and writes on topics related to lawyer satisfaction and wellbeing. Amy has served as chair of the Section on Balance in Legal Education of the Association of American Law Schools and continues to edit the organization's newsletter. She received her JD from Yale Law School in 1984, and practiced transactional law in Dallas and Houston before joining the Lewis & Clark faculty in 1992.

Jillayne Sorenson, Psy.D. is a licensed psychologist, mindfulness educator and Nia instructor, and founder of Centerpoint Network, LLC. She has taught mindfulness-based methods for improving health and wellness in clinical and community settings for over 15 years. She has a particular interest in the role of emotional resilience in reducing stress, and the importance of cultivating kindness, compassion, and presence as a way to improve relationships and work/life balance.

Michelle A. Ryan, JD, RYT, is a graduate of the College of Purna Yoga at the 200-hour level and has been a registered yoga teacher with Yoga Alliance since 2012. She teaches alignment-based yoga, pranayama, and mindfulness techniques. Infusing her classes with lightheartedness and empathy, she provides a safe space for her students to experience the transformative and restorative power of yoga and leave her class feeling replenished.

Denise Gour, LCSW, has worked with adults and children as a licensed clinical social worker since 1999. She specializes in mindfulness approaches for treating stress, depression, anxiety, and addiction challenges. Her services also include professional training for health care providers, education, and business professionals. You can learn more about Denise and her services at www.mindfulplace.com.

OAAP/OWLS

7th Annual Women's Wellness Retreat for Lawyers
Mindfulness: Navigating Life and Law
May 2 & 3, 2014, Oregon Garden Resort, Silverton, Oregon

\$85 Registration Fee

**Includes Friday lunch & dinner; Saturday breakfast & lunch
Questions? Call the OAAP at 503.226.1057 or 1.800.321.6227**

**OAAP Program Reservation Deadline: April 25, 2014
No refunds or cancellations made after this date.**

Name: _____ Bar Number: _____

Address: _____

City/State/Zip: _____

Telephone: _____ E-mail: _____

Special Dietary Needs (Please Specify): _____

OAAP Program Reservation Deadline: April 25, 2014

No refunds for cancellations made after this date.

Make event registration check payable to **Oregon Attorney Assistance Program (OAAP)** and send to:
OAAP, 520 SW Yamhill Street, Suite 1050, Portland, Oregon 97204

Application for MCLE credits pending