

Oregon Attorney Assistance Program &  
Oregon Women Lawyers

present the

Ninth Annual

Women's Wellness Retreat for Lawyers



Special Room Rates  
available from  
Hallmark Resort & Spa  
Cannon Beach  
(details on next page)

Cultivating Calm and Kindness

Friday, April 8 & Saturday, April 9, 2016

Hallmark Resort and Spa Cannon Beach

1400 South Hemlock Street, Cannon Beach, OR 97110

Application for MCLE credits pending

Friday

1:00 - 2:45 p.m.	Registration/Lunch Buffet
1:45 - 2:45 p.m.	Introductory activity – <b>Kyra M. Hazilla &amp; Shari R. Gregory</b>
2:45 - 3:00 p.m.	Break
3:00 - 4:00 p.m.	Planting the Seeds of Professionalism – <b>Nancie Potter</b>
4:00 - 6:30 p.m.	Free time for checking in, spa treatments, or relaxing
6:30 - 7:45 p.m.	Dinner with table discussions – <b>Anne Villella &amp; Shari Gregory</b>
7:45 - 8:15 p.m.	Break
8:15 - 9:00 p.m.	Yoga to calm & relax – <b>Michelle Ryan</b>
8:15 - 10:00 p.m.	Evening social time including bonfire (weather permitting)

Saturday

7:00 - 9:00 a.m.	Grab & Go breakfast
7:30 - 8:30 a.m.	Yoga for energy and stress relief – <b>Michelle Ryan</b>
8:30 - 9:15 a.m.	Break
9:15 - 10:30 a.m.	Breakfast Buffet
9:30 - 10:30 a.m.	Mindful Self-Compassion I: Science and Introduction – <b>Jill Goldsmith</b>
10:30 - 11:00 a.m.	Break; check out
11:00 - 12:00 p.m.	Mindful Self-Compassion II: Exercises for Your Life and Practice – <b>Denise Gour</b>
12:00 - 2:00 p.m.	Boxed lunch; free time
2:00 - 3:00 p.m.	Finding Joy, Wonder, & Awe – <b>Anne Villella</b>
3:00 - 3:15 p.m.	Closing Remarks



*OAAP/OWLS  
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**ABOUT HALLMARK RESORT & SPA:**

**Reserve Your Room By March 29, 2016  
To Receive the Special OAAP Rate:**

Rates range from \$109 - \$199+ tax per night depending on view and occupancy. Pet friendly rooms are also available for an extra fee.

**To Reserve a room; call the resort directly at  
503.436.1566.**

- Reference group code OAAP to receive the group rate.
- The room rates are available for up to three nights prior or after April 8, 2016 (subject to availability), making for a relaxing, enjoyable stay at the resort.

**For directions:**  
[click here](#)

**For spa treatments at Elements by the Sea (on site):**

- Reference group code OAAP to receive a \$10 discount on 1-hour spa treatments.
- You may book your spa treatment at the front desk (recommended) when you reserve your room.
- Or call Elements by the Sea directly at **503.436.0366**

**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.

**Kyra M. Hazilla, JD, MSW**, is an Attorney Counselor with the OAAP. Kyra is a 2006 graduate of the University of Michigan Law School (JD) and School of Social Work (MSW). She was a public defender practicing juvenile law for most of her legal career. Kyra is an active member of OWLS and is involved in the parent-friendly OWLS playgroups.

**Nancie Potter, JD, LMFT**, was a trial lawyer in New York and Oregon for 32 years before she became a mental health care provider. She recently retired from her encore career as a Licensed Marriage and Family Therapist, but continues to teach occasional workshops. In both her clinical work and teaching, Nancie uses interpersonal neurobiology to help people strengthen relationships; heal from shame; process grief, loss, and life transitions; and self-regulate mood and emotions. Nancie was the 2010 recipient of the Oregon State Bar Litigation Section's Owen M. Panner Professionalism Award.

**Michelle A. Ryan, JD, RYT**, has been a Legal Aid attorney and public defender in state and federal court for over 15 years. She has also been a yoga and mindfulness practitioner for over 15 years and a yoga instructor for the past three years. She has a particular interest in working with lawyers on issues surrounding productivity, work/life balance, emotional resilience, self-compassion, and stress reduction. You can learn more about Michelle and her services at [www.BalancedProfessional.com](http://www.BalancedProfessional.com).

**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](http://www.mindfulplace.com).

**Jill Goldsmith, JD**, is a practicing attorney since 1991 and a mediator since 1998. Jill has her own law practice where she provides mediation/conflict resolution, coaching, fact finding, training and expert witness services. Jill is also a trained teacher of Mindful Self-Compassion and a Master of Divinity Student at Maitripa College in Portland, Oregon. Jill enjoys being on the water and spending time with her two children. You can learn more about Jill at [www.workplacesolutionsnw.com](http://www.workplacesolutionsnw.com).

**Anne Villella, JD**, is a Professor at Lewis & Clark Law School and a mediator. Outside of teaching, Anne facilitates workshops, retreats, and other gatherings for women's groups, faith communities, and the legal community. Anne's passion in working with groups is on contemplative and narrative practices that engage participants in self-reflection, attentive listening, and appreciative inquiry. Anne enjoys hiking, meditation, yoga, and traveling with her husband and two grown children.

*OAAP/OWLS*

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April 8th & 9th, 2016, Hallmark Resort & Spa Cannon Beach  
1400 South Hemlock, Cannon Beach, Oregon 97110*

**\$90 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 4, 2016**

Name: \_\_\_\_\_ Bar Number: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Special Dietary Needs (Please Specify): \_\_\_\_\_

Make event registration check payable to **OAAP** and send to:  
OAAP, 520 SW Yamhill Street, Suite 1050, Portland, Oregon 97204  
**Application for MCLE credits pending**