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OREGON ATTORNEY ASSISTANCE PROGRAM

IN SIGHT for Oregon Lawyers and Judges

IMPROVING THE QUALITY OF YOUR PERSONAL AND PROFESSIONAL LIFE

FIFTH ANNUAL WOMEN'S WELLNESS RETREAT FOR LAWYERS

The OAAP/OWLS Annual Women's Wellness Retreat for Lawyers has become a tradition, held this fifth year at the Resort at the Mountain in Welches, Oregon. This year's theme was "Renewing Your Dreams," and the enthusiastic responses of the participants testified that minds and bodies were refreshed and renewed, as well as dreams and aspirations.

Beginning with lunch on Friday, participants were welcomed by OAAP Assistant Director Shari Gregory and OAAP Attorney Counselor Meloney Crawford, who announced the icebreaker: a "human scavenger hunt" that proved so popular last year. The same format was repeated with different questions, and the room buzzed as women searched to complete a grid of "Fascinating Women Attorneys" – who have written books, lived in the country and the city, played a musical instrument, or want to get a tattoo.

Programming began with lawyer and Life Transition Coach Kirsten Meneghello, who talked about discovering passion and purpose in your career, expanding a spark of enthusiasm into a passionate fire.

A break followed, allowing free time for hikes, naps, or spa treatments, followed by dinner. Later that evening, Heather Decker, JD and certified Yoga Fit® instructor, conducted a brief meditation session, followed by restorative yoga poses, which assured that the participants enjoyed a calm evening and a good night's sleep. A handout on relaxation breathing techniques allowed participants to continue these practices later.

On Saturday morning, Heather led a group in the vinyasa, or flowing, style of yoga, for an energetic start to the day. A buffet breakfast accommodated both early and late risers, and the room buzzed with lively chatter. Nancie Potter, JD, MFT, a former trial lawyer and now a marriage and family therapist, presented on how heeding our heart – following our innermost desires – is linked to a spiritual connection, whether it is to an ultimate reality, to others, or to nature.

Virginia Terhaar, PhD, LPC, who has presented at every Women's Wellness Retreat since 2008, discussed how to develop relationships that help us pursue our dreams, making our heart's desire into reality.

Finally, Jillayne Sorensen, PsyD, a licensed psychologist who specializes in mindfulness and mindful movement practices for healthy stress reduction, conducted an exercise on mindful movement, allowing the participants an opportunity to embody their dreams by being fully present in the moment. Gathering in a closing circle, each participant shared a word describing her experience – sharing, renewal, inspiration, and connection were a few of the descriptions used. By midday on Saturday, we were on our way home with a sense of renewal, as well as the knowledge that we had participated in a continuing tradition for years to come.

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