



Tassajara Zen Mountain Center

CARMEL VALLEY, CALIFORNIA
SEPTEMBER 8-12, 2010



Tassajara Zen Mountain Center is nestled deep in an inland valley off the rugged coast of Big Sur, California. Its natural hot springs and breathtaking beauty have attracted Native Americans, pioneering Californians, and other visitors for generations. Retreatants will have plenty of free time to soak in the hot baths, wander along the creek, take a dip the swimming pool or natural swimming holes, hike the many trails, and savor Tassajara's renowned gourmet vegetarian food.

For more information about Tassajara,
see www.sfzc.org/tassajara

FOR MORE INFORMATION OR TO SIGN UP FOR THE RETREAT,
call 707-649-2480 or email mmocine@sbcglobal.net



Finding Equanimity in a Difficult Profession

LAW DHARMA RETREAT FOR LAWYERS



The quiet, natural beauty of Tassajara provides the perfect setting for this annual retreat for lawyers. We use meditative practice, deep listening and discussion to consider how we respond when difficult situations and strong emotions arise in our practice of law. How can we use our meditative practice to help us maintain our equanimity so that we can function as trustworthy counsel? How can we untangle our emotions from our view of the case so that we can see clearly? We will also explore our habit of judging and how this relates to elimination of bias, and the substance abuse that often accompanies our stressful practice. Gentle movement practice will be offered by senior students.

4 hours MCLE credit; 2 hours ethics; 1 hour substance abuse; 1 hour elimination of bias.



PHOTOS BY RENSHIN BUNCE

LED BY MARY MOCINE



DESIGNED BY CERALDESIGN.COM

Mary Mocine is a Zen Buddhist priest and former lawyer. She was ordained in 1994 and received dharma transmission from Sojun Mel Weitsman. She studied law at Hastings College of the Law in San Francisco, California, and practiced legal service, litigation and labor law for 18 years. She is the founder and current abess of Vallejo Zen Center, and also the founder and leader of Law Dharma, offering monthly meditation/discussion meetings and semi-annual retreats for lawyers. Mary has also been a teacher at several Spirit Rock lawyers' retreats.

For more information about Mary and Law Dharma,
see www.vallejozencenter.org