

Attorney Wellness Retreat



Location: Hyatt Regency
Austin



Dates: Dec. 10 – Dec. 12,
2021



Retreat Agenda

Day 1 – Friday, December 10

- 4:00 Check In** (Beyond Wellness CLE ends)
- 6:00 Dinner and Welcoming Remarks**
TYLA Immediate Past President
Britney E. Harrison, *Dallas*
Goranson Bain Ausley
TYLA Wellbeing Retreat Project Lead
Courtney M. White, *Amarillo*
City of Amarillo City Attorney's Office
- 7:00 Catharsis: A Movement Experiment**
Ashley Hymel, *Houston*
Hymel Law LLC
- 8:00 Adjourn**

Day 2 – Saturday, December 11

- 7:00-9:00 Breakfast Service**
- 7:00 Yoga**
Brandy Wilson Edwards, *Dallas*
Attorney at Law, Empowerment Speaker and
Coach, Yoga Instructor
- 9:00 Better Lawyering Through Mindfulness**
Jeena Cho, *Fair Oaks, CA*
Attorney at Law, Legal Mindfulness Consultant
- 10:15 Break**

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(Day 2 continued)

10:30 Morning Session #2

Jeremy Robinson, *Austin*
Austin Wholistic Fitness and Nutrition

12:00 Break – Lunch Provided

1:30 Afternoon Trail Walk

Jen Ohlson, *Austin*
Author of “Every Town Needs a Trail”

3:00 Courageous Choices: An Interactive Goal Setting Workshop

Brandy Wilson Edwards, *Dallas*
Attorney at Law, Empowerment Speaker and Coach, Yoga Instructor

4:15 Free Time

6:00 Dinner

7:30 Beditation Meditation

Brenda Young, *Austin*
Life and Energy Coach

8:30 Adjourn

Day 3 – Sunday, December 12

7:00-9:00 Breakfast Service

7:00 Yoga for Strength & Flexibility

Tessa McNabb, *Austin*
Yoga East Austin

9:00 The Art of Surrender

Pamela Benson Owens, *Austin*
Edge of Your Seat Consulting, Inc

10:15 Adjourn