ATTORNEY WELLNESS RETREAT

Friday, April 8, 2022 to Saturday, April 9, 2022

Special Guest Speakers & Instructors Include:

Brandy Wilson Edwards, Erica Grigg, Jen Ohlson, Pamela Benson Owens, Brenda Young, and more!

Your registration fee includes the following:

- Meals & Treats
- Wellness Swag
- Dance Fitness Instruction
- Professional Yoga Instruction
- Professional Meditation Instruction

Retreat Overview:

Join TYLA at our inaugural attorney wellness retreat to kick start or reinvigorate your wellness journey! We will spend time with and learn from trained professionals about meditation, self-care, stress-reduction techniques, nutrition, and yoga. The weekend will be full of rest, mindfulness, fun, and movement. The retreat is limited in size and spots are reserved on a first come, first serve basis, so please stay tuned for additional details.

Register by March 11th for an early bird rate of $65.
After March 11th, the registration fee will be $100* (excludes hotel fees)

Retreat Sponsor

For more information, contact Tracy Brown at Tracy.Brown@TexasBar.com

Retreat registration: [Click here]
or scan the QR code:

Group rate hotel booking: [Click here]
or scan the QR code: