

Attorney Wellness Retreat



Location: Westin Domain
Hotel, Austin

Dates: April 8 – 9, 2022



Day 1 – Friday, April 8

4:00 - 6:00 Mocktail Hour/Check-in

6:00 - 7:30 Dinner and Welcoming Remarks – **Erica Grigg**

7:30 – 8:30 Evening Relaxation Session with **Brenda Young**, Beditation Meditation

Learn techniques to counteract the effects of stress, fall asleep faster and stay there followed by a short bedtime meditation.

Brenda Young is an experienced life and energy coach, massage therapist, and nutritional consultant for the past 30 years. With an education and background in health care and energy medicine, she brings an understanding of life, energy, and people to her work, presentations, and coaching sessions.

Day 2 – Saturday, April 9

7:00 - 7:30 Morning Session with **Jen Ohlson**, author of Every Town Needs a Trail

7:30 - 8:30 Dance Fitness with **Dimitrius Adams**

8:30 – 9:30 Breakfast

9:30 - 10:45 Morning Session #1 with **Pamela Owens**, The Art of Surrender

Surrender is a big word. Truth is, the practice of surrender is the most significant position of strength. The opportunities we are presented with to practice surrender are often missed because we lean into the obligatory norms of society in ways that may not serve us well. There is something that happens when we remove the barriers that allow for the power that is greater than our will to show up. Surrender goes deeper than our thoughts and ideas, it allows us to hitch our egos, our worries and our inner critics to something else and clears the path for us to live wholeheartedly and fully into the best versions of ourselves both professionally and personally. During this interactive session you will build a surrender action plan and learn ways to reframe the habits that hold you back from what is really possible.

10:45 - 11:00 Break

11:00 - 12:30 Morning Session #2 Wellness and Nutrition

12:30 - 1:30 Lunch

2:00 - 2:45 Yoga with **Brandy Wilson Edwards**

3:00 - 4:15 Afternoon Session with **Brandy Wilson Edwards**: Courageous Choices: An Interactive Goal Setting Workshop

Retreat Co-Sponsor

