



VICTORIAN  
WOMEN  
LAWYERS

## Victorian Women Lawyers Presents Mindfulness Series: Yoga and Meditation



Wellbeing and resilience are increasingly recognised as imperative to building and maintaining a successful and rewarding career, especially for women working or studying in the legal field.

Victorian Women Lawyers is pleased to invite you to join us for a yoga and meditation session with Emily Rose, Owner and Yoga Teacher at Emily Rose Yoga. This event is specifically designed to equip members of the legal profession with techniques to assist you manage stress throughout your personal and professional lives

The techniques you will learn, including breathing, stretching and stress management can be applied at any time.

Participants are encouraged to wear comfortable clothes to join Emily for a guided meditation session followed by a series of stretches and movement exercises. These exercises are suitable to complete with children and are for people of all levels of experience and fitness.

Emily has been a student of many styles of yoga over the past 21 years and teaches both Yang & Yin styles of Yoga, that blend building strength with a softer more meditative side. She focuses above all on the connection between body, breath and mind and assisting students to ground themselves in their bodies, in the present moment, in order to uncover deeper layers of their being. She is passionate about bringing the life-changing, embodied mindfulness practices of Yoga, Buddhist meditation, and Earth connection, into as many lives as possible.

Emily Rose



EMILY ROSE  
YOGA

Join VWL  
for a lunch-time  
Meditation and Yoga session



Proudly sponsored by Svenson  
Barristers

**Dates:** 7 April, 14 April and 21 April 2021

**Time:** 1:10pm to 1:50pm

**Cost:** Free for VWL members

\$5 for non-members

**Format:** Online via Zoom - link will be emailed prior to each session

**Register:** <https://vwl.asn.au/events>