

## Mindfulness Meditations

By Courtney B. Schulnick



I was recently reflecting on my experience this time last year (seems like forever ago at this point!) with LaToyia Pierce and Penny Diehl, who were my co-presenters during the DRI Professional Liability Seminar in New York City.

I really enjoyed our time together and collaborating with two great people. As a token of appreciation, I wanted to share with all of you a guided mindfulness meditation that I recently posted on YouTube. I've been posting some lately to help support us through these unsettling times, especially as we approach the holiday season and another few months of what feels like a whole lot of isolation at times. This most recent one is a shorter practice (just about ten minutes). Please feel free to share this practice with your colleagues if you think it would be of value to them. I wish that we could be in person, practicing these together like we did last year. In due time. In the meantime, [here's the link](#) to my most recent guided practice on YouTube. I have a couple of others under "Courtney Schulnick Mindfulness."

Also, I also wanted to let you know about a virtual mindfulness retreat via Zoom that I am offering on January 3, 2021, from 10:00 a.m. to 1:30 p.m. It's an online, half-day

retreat that invites you to disconnect from your phones, computers, news, to-do lists, and other obligations, and simply connect more deeply with yourself. In our time together, I will guide you in a variety of mindfulness meditations, and we will also practice mindful eating and movement. This is a nice way to practice being kind to yourself and give yourself the gift to rest, refresh, and let

go as we begin a new year. If you are interested or know of others who might be, please contact me for additional retreat details.



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*Department, litigates*  
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*an effort to better manage her anxiety and the stressors associated with litigation and life in general, she enrolled in the MBSR Program at the Mindfulness Institute at Jefferson University. She completed both the Teaching Practicum and Internship at Jefferson. She now pursues her passion of helping others by teaching Mindfulness so that they, too, can live more fully in the present moment and achieve greater balance, vitality, and health.*