

Mindfulness in Law Society at the INSERT UNIVERSITY NAME

Statement of Purpose:

The Mindfulness in Law Society seeks to improve the mental well-being of students at the **INSERT UNIVERSITY NAME** through mindful practice. Mindful practice in this context includes secular meditation and mindfulness in all of its forms, and specifically mindfulness-based stress reduction (MBSR) meditation techniques and yoga. Society members will participate in these mindful practices in order to reduce their stress levels, increase their focus, and deepen their self-awareness within a supportive community.

Membership in the Mindfulness in Law Society will be open to any student who demonstrates a sincere willingness to progress in his or her own mindful practice. This willingness will be demonstrated through attendance of Mindfulness in Law Society meetings and events, and assisting in efforts to introduce mindful practice to the law school community at large. Membership benefits will include a subsidized meditation retreat at least once a year, participation weekly guided-meditations with a meditation instructor, and an opportunity to help shape and further the development of the National Mindfulness in Law Society.

The Mindfulness in Law Society will seek to serve the greater law school community by offering membership to all students, securing locally and nationally recognized speakers at the cross-section of mindfulness and the legal profession, and facilitating a yearly program to introduce incoming first-year law students to mindful practice as they embark on the inherently stressful experience of law school.