

The LABOR AND EMPLOYMENT SECTION OF THE  
BARRISTERS CLUB invites you to

# STEP AWAY FROM YOUR BUSY PRACTICE AND HECTIC DAY

*Enjoy a Moment of Silence Through Guided  
Meditation*

Thursday October 28  
4:00-4:30 p.m.

**SPEAKER**

Rohit Verma  
Lawyaw

**MODERATOR**

Justin White  
Lawyaw

In such intense times around the world, it is getting more and more valuable to take some time to be silent and go inwards. Through the unique technique of Sahaja Yoga meditation, one is able to achieve inner peace and mental silence by tapping into the pure universal energy that is within us. By doing so, one is able to experience their true self and simply witness the present moment instead of being worried about the past or the future and reduce overall mental activity. A guided meditation led by Rohit will take you through this journey of awakening the energy within us and connecting with our true self.

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