

# 2022 Consumer Practice Extravaganza

# Using Yoga and Mindfulness to Assist Your Legal Practice

### Hon. Colleen A. Brown

U.S. Bankruptcy Court (D. Vt.); Burlington

### Jeena Cho

Lawyer, Author, Mindfulness Instructor; San Francisco

## Rachel L. Foley

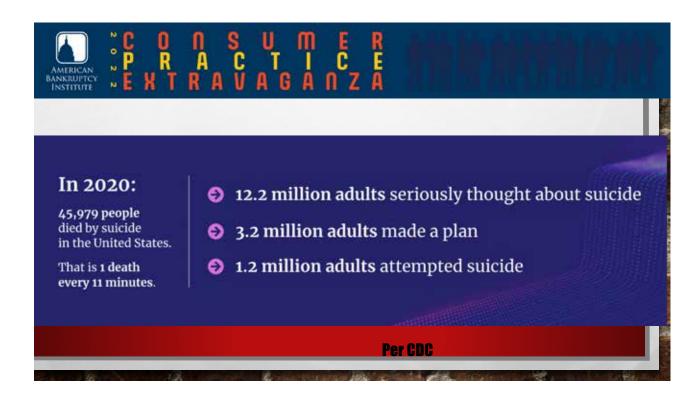
Foley Law, PC; Independence, Mo.















When focusing solely on the volume and frequency of alcohol consumed, more than 1 in 3 practicing attorneys are problem drinkers, the study found.

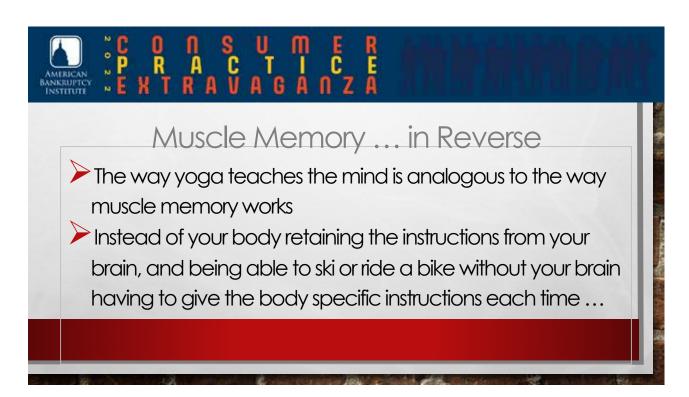
Krill, Patrick R. JD, LLM; Johnson, Ryan MA; Albert, Linda MSSW. The Prevalence of Substance Use and Other Mental Health Concerns Among American Attorneys. Journal of Addiction Medicine: January/February 2016 - Volume 10 - Issue 1 - p 46-52

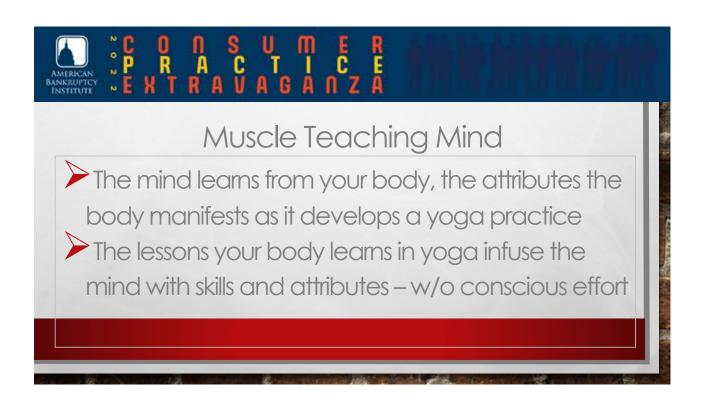
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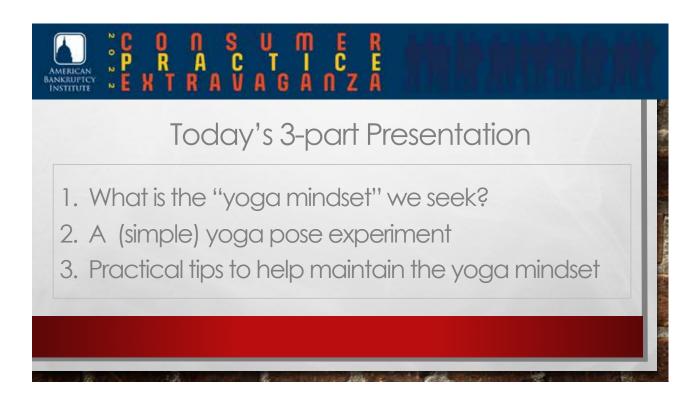


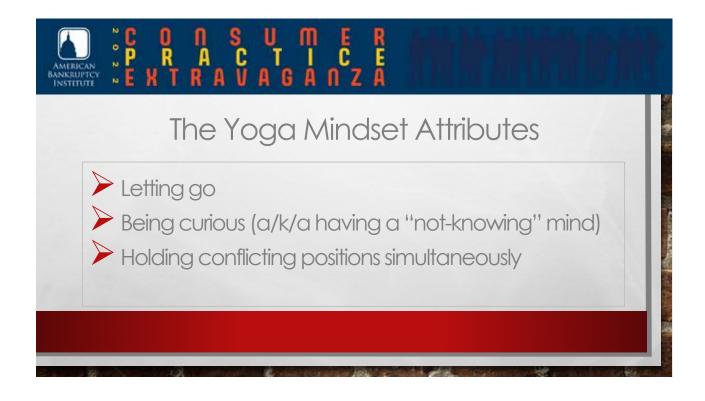
Yoga is a somatic form of meditation.

- Instead of focusing on the mind, we focus on the body
- > The goal is not to force the body into any position
- ➤ Rather, in yoga, we invite the body to move into certain positions and then let go of where we are holding on, so the pose can unfold

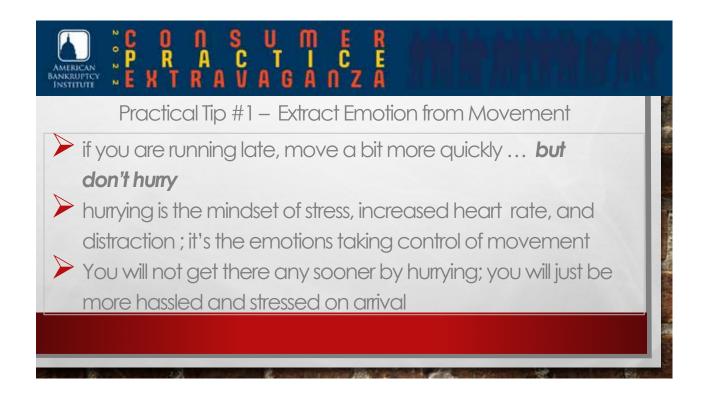


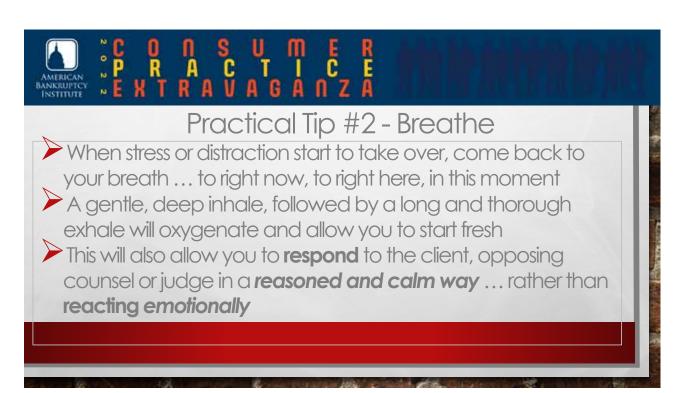


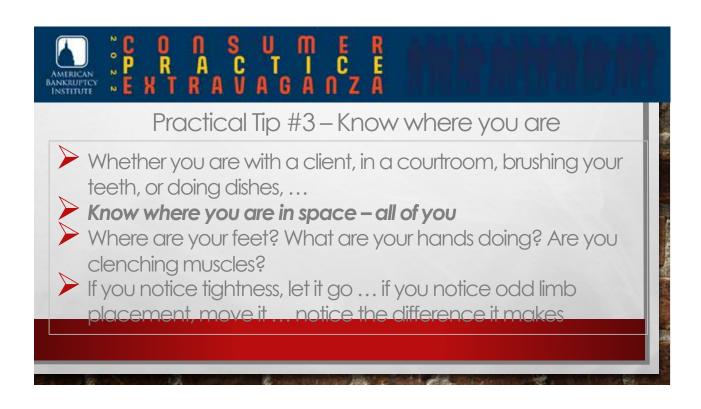




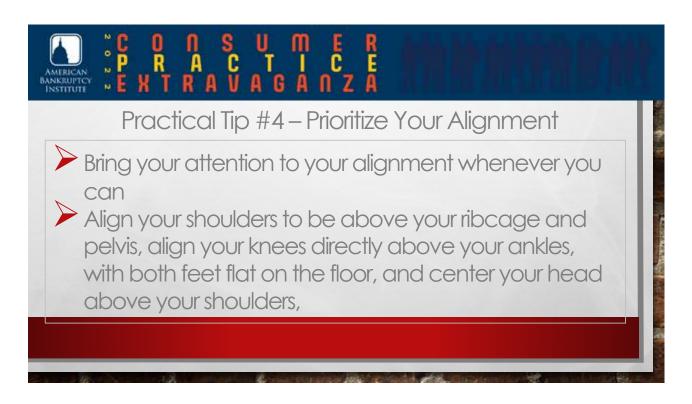






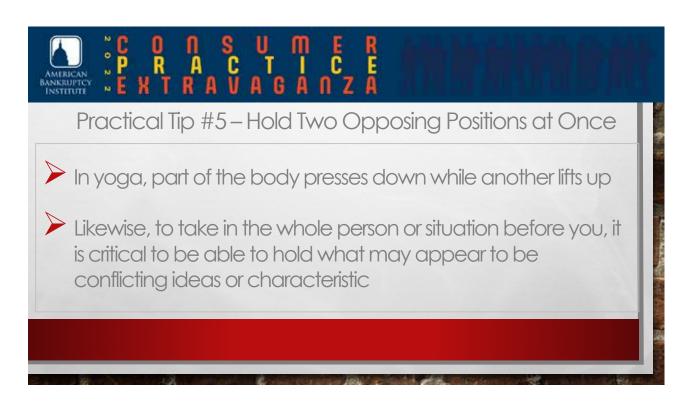


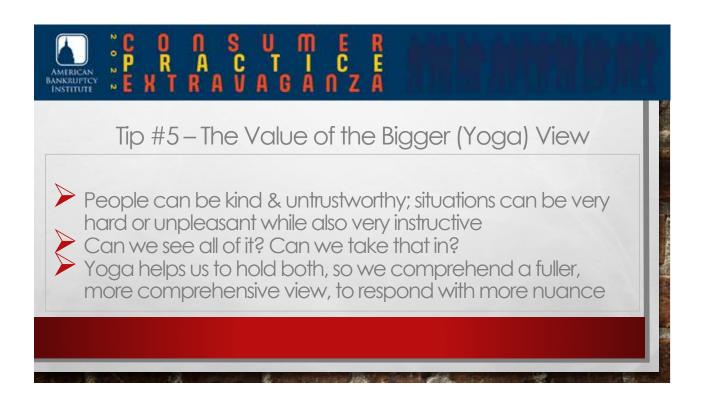
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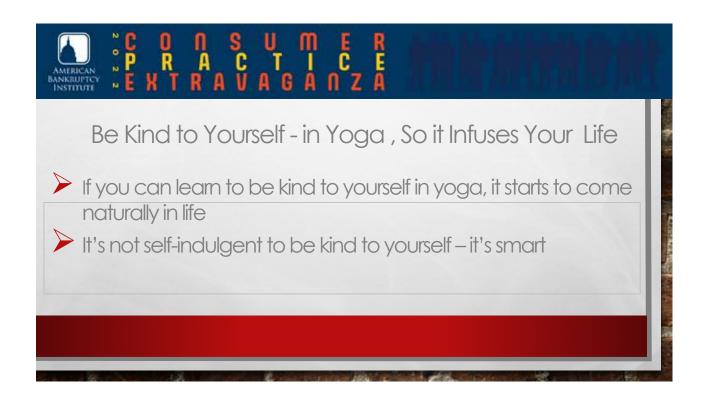
#### **2022 CONSUMER PRACTICE EXTRAVAGANZA**





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# **Faculty**

Hon. Colleen A. Brown is a U.S. Bankruptcy Judge for the District of Vermont in Burlington, appointed on April 10, 2000, and reappointed to a second 14-year term in October 2014. She also served a term as Chief Judge. Previously, Judge Brown was a partner in the law firm of Lawrence, Werner, Kesselring, Swartout & Brown, LLP, where her practice focused on bankruptcy, both debtors' and creditors' rights, foreclosures, workouts and matrimonial bankruptcy issues. She also clerked for Hon. Beryl E. McGuire, Chief U.S. Bankruptcy Judge for the Western District of New York, as the estate administrator in that court; as the Assistant U.S. Trustee for the Western District of New York; and as in-house counsel to The Canandaigua National Bank and Trust Co. Since being appointed to the bench, Judge Brown has served as a member of the Vermont Bar Association's Professionalism Roundtable and has chaired the Federal-State Law Council for the District of Vermont, Vermont's first Rule of Law Conference and the Federal Judges' Committee of the National Association of Women Judges. She has been very active in the National Conference of Bankruptcy Judges, including as the Second Circuit representative to the Board of Governors, a member of two NCBJ Education Committees, chair of the NCBJ's U.S. Trustee Liaison Committee, chair of the NCBJ's Liaison Committee to the National Association of Women Judges, and chair of the NCBJ President's Special Task Force for Cost Containment. Judge Brown is an author for Collier on Bankruptcy (15th ed. revised) and an associate editor for the American Bankruptcy Law Journal, and frequently lectures on consumer and farm bankruptcy law. She received the New York State Bar Association's President's Pro Bono Service Award in 1992 and the Vermont Bar Association's Pro Bono Service Award in 2006. Judge Brown received a B.A. cum laude with honors in philosophy from Colgate University in 1979 and her J.D. cum laude from the University of Buffalo Law School in 1983.

Jeena Cho is a lawyer, author and mindfulness instructor in San Francisco and a co-author of the best-selling book The Anxious Lawyer, An 8-Week Guide to a Joyful and Satisfying Law Practice Through Mindfulness and Meditation (ABA). She started her career as an assistant state attorney at the State Attorney's Office 13th Judicial Circuit, where she handled domestic violence and misdemeanor cases. During that time, she tried more than 20 jury trials and hundreds of bench trials. Wanting to make a greater impact, she switched practice areas and started a consumer bankruptcy law practice in San Francisco. Ms. Cho teaches mindfulness and meditation to lawyers. She regularly speaks and writes about wellness, self-care and mindfulness, and she works with lawyers and law firms on stress management, work/life balance, career transition, increasing productivity and overall wellness. Ms. Cho started her meditation practice at the Himalayan Institute in Buffalo, N.Y., and has completed several classes in mindfulness and compassion cultivation training at a number of institutions, including Stanford University. In addition, she has attended numerous retreats on mindfulness at organizations such as the Spirit Rock, Insight Retreat Center and the San Francisco Zen Center. She has completed the teacher training practicum for Mindfulness-Based Stress Reduction (MBSR). Ms. Cho is a regular contributor to the ABA Journal and has written for Above the Law, Forbes, Bloomberg, Lawyerist, Ms. JD and Huffington Post. She's been interviewed on O, Women's Health, MSNBC and the Wall Street Journal. Ms. Cho is the author of the LexisNexis guide How to Manage Your Law Office, in which she wrote about starting, growing and managing a solo practice, with topics ranging from marketing to virtual law practice to social media. She received both her B.A. and J.D. from the University of New York at Buffalo.

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Rachel L. Foley is the founder of Foley Law, PC in Independence, Mo., and handles consumer chapter 7s and 13s in both Kansas and Missouri. She began her bankruptcy career with the United Auto Workers, representing GM and Ford employees in chapter 13 and 7 cases. She was the only bankruptcy attorney for the Missouri auto workers, and it was not unusual for her to manage three to four times the regular attorney caseload at any given time. Ms. Foley previously was a risk manager for Clarkson Regional Health Center and has 20 years of experience in the emergency room as a Registered Respiratory Therapist. She is the inaugural winner of the K. Colleen Nunnelly Award by the National Association of Consumer Bankruptcy Attorneys and is recognized by her peers as being the Best of the Kansas City Bar in the area of bankruptcy. She also has been named to the Pro Bono Wall of Fame by the Missouri Bar Association. Ms. Foley frequently speaks nationally and locally on consumer bankruptcy topics. She is a member of the National Association of Consumer Bankruptcy Attorneys, ABI, the Kansas City Bankruptcy Bar Association, the Kansas City Metro Bar Association and the International Women's Restructuring & Insolvency Confederation. Ms. Foley received her undergraduate degree in the sciences and medicine from Creighton University and her J.D. from Creighton School of Law.