

## The New Contemplative Space

In 2022, thanks to the efforts of a group of law students, Miami Law established a space in the Law Library (D338) dedicated to contemplative practices, both for individuals and small groups.

The space is open all day (code 0435) for personal practice and periods of silent reflection with the exception of specific times set aside for Mindful Spaces and when reserved by student organizations with a contemplative focus.

On Tuesdays, Wednesdays, and Thursdays Mindful Spaces meet in the Contemplative Space from 1:00-1:15.

Sessions start and end on time so please plan arrive a few minutes early. The room holds approximately 10 people. In the event the room is filled, you are encouraged to create your own Mindful Space that day and take a few moments to relax and recharge.



Founding students and faculty of the new Contemplative Space

“Thank goodness for this stretch. Just had a difficult meeting but this stretch helped me relieve so much tension and avoid a headache.”

## Mindful Spaces, Est. 2012

Mindful Spaces support students throughout their law school careers.

Offered continuously since 2012, Mindful Spaces and are collaborative endeavor of the:

- Mindfulness in Law Program
- Student Affairs Team &
- The Insightful Mind Initiative



Memorial Tree at the Labyrinth

If you have any questions about Mindful Spaces, please contact:

Professor Scott Rogers, Director of the Mindfulness in Law Program  
[srogers@law.miami.edu](mailto:srogers@law.miami.edu)

or

Jack Townsend, Associate Director, Student Life  
[j.townsend1@miami.edu](mailto:j.townsend1@miami.edu)



## Miami Law's Mindful Spaces

### Small Group Mindfulness and Wellness Practice Sessions

Mindful Spaces are mindfulness and relaxation sessions that take place each day of the week.

All indoor practices are 12-minute and take place in the Contemplative Space, located in Room D338 in the Law Library. (Code 0435). Time: 1:00-1:15.

You can see a listing of Mindful Spaces on the other side of this brochure and posted outside D338.



Students participating in a Mindful Sitting Practice

- Recharge
- Focus
- Relax
- Connect
- Breathe

“Relaxing. Just what I needed in the middle of the day.”

## Mindful Spaces and You

Mindful Spaces are for you! All students are welcome to attend Mindful Spaces to together practice mindfulness and relaxation exercises in the middle of an often bustling and exciting day.

### What to Expect

After settling into a comfortable chair or cushion, you and other members of the Miami Law community will be guided in a 12-minute practice. Groups range from 2 to 12 and everyone is encouraged to bring a friend.



Guided practices, led by Mindful Space Facilitators, are available for download so that you may listen to them at other times of the day.

### An Important Reminder on Self-Care

Mindful Spaces are intended to be supportive of your academic engagement and well-being.

That said, and especially if new to you, there may be times when sitting relatively still, experiencing periods of silence or even sitting with our thoughts can be uncomfortable. So too can be briefly holding or slowing down the breath.

While Mindful Spaces are structured with the beginner in mind, are relatively short, and moments of silence or measured breathing are punctuated with instruction, insight, and reminders, it is important to remember that *you are the best judge of what is good and supportive for you*, and should you ever wish to, you are encouraged to stop following a guided instruction, modify the instruction as feels right to you, or to excuse yourself from the session.

Should you wish to learn more about Mindful Spaces in advance of attending, contact Professor Rogers and he will be happy to discuss them with you.

“A great way to feel better on a rainy day. My mood was instantly lifted.”

## 2025 Mindful Space Schedule

### Daily Constitutional (Mindful Walking)

**TBA as Weather Cools Down.** Enjoy a relaxing walk in nature strolling through select areas of our beautiful campus. Walks includes a few moments set aside for quiet contemplation. Meets outside the law library.

### Mindful Breathing

**Tuesdays, 1:00-1:15** Practice relaxation exercises involving the gentle manipulation of the breath. Easy to learn and remember so that you may bring them into other moments of your day to relax and oxygenate.



Tuesday afternoons enjoy “Green Teas on the Bricks.” Stop by and connect with student leaders of the Insightful Mind Initiative.

### SoBe Mindful Movement

**Wednesdays, 1:00-1:15** De-stress and recharge the mind and body with a mindful movement practice that includes gentle stretches (no balancing, no sweating) to help relax, breathe easy, and feel more grounded.



Thursday mornings enjoy “Legal Grounds” where you can enjoy your morning brew and connect with faculty and classmates.

### Mindful Focused Attention

**Thursdays, 1:00-1:15** Settle into a comfortable seated posture (on a chair or cushion) as you’re guided in a focused attention practice. Each practice includes useful instruction along with periods of silence to train focus and cultivate greater present moment awareness.

### Mobile Mindfulness via Zoom

**Fridays, 12:30-12:45** Connect with members of the legal profession in a lightly guided mindfulness practice. Facilitators include Professor Scott Rogers and Miami Law Alum, Alice Lash and Tony Recio.

## Mindful Spaces at a Glance

Monday 1:00-1:15  
**Self-Guided Practice**

Tuesday 1:00-1:15  
**Mindful Breathing**  
(Relaxation and Focus)

Wednesday 1:00-1:15  
**SoBe Mindful Movement**  
(Short Stretch to De-stress and Find Balance)

Thursday 1:00-1:15  
**Mindful Focused Attention**  
(Focus and Awareness)

Friday: 12:30-12:45  
**Mindful Zoom Meditation**  
([https://bit.ly/milp\\_fri\\_zoom](https://bit.ly/milp_fri_zoom))

## Mindful Space Facilitators

Below is the 2025 line up of Mindful Space Facilitators.



Alex Calle



Odetta Clarke



Lina Villegas



Madeline Raine



Scott Rogers



Robert Rosen



Janet Stearns



Jack Townsend



Ellie Wheeler

“It’s like pressing a reset button. My energy lifts and my focus sharpens.”