Welcome to the class! I look forward to meeting and working with each of you.

1. Please register for the course TWEN website using an email address that you check regularly.
2. Course materials will be posted to the class TWEN website or distributed in class.
3. Assignment for our first class:
   a. Please email me at iglesias@usfca.edu a brief answer to each of the following questions by 9:00 pm on Monday, January 8th (the night before our first class meeting):
      i. What are your hopes for and expectations about this course?
      ii. What are your concerns (if any) about this course?
      iii. Do you have any previous experience with any contemplative or meditative practices? If so, please describe them and tell me how long and how much you have practiced them.
      iv. Do you currently have any contemplative or meditative practices? If so, please describe them and tell me how long and how much you practice them.
   b. Please read “Class 1 Reading” (which is posted on the TWEN website) slowly and thoughtfully at least two times before class. These are excerpts from Gunilla Norris, INVITING SILENCE (2004).
   c. Please read “Hyman, The Mindful Lawyer (which is posted on the TWEN website). Write a brief response to each of the following questions: (1) What particular ideas or statements in this article make sense to you? (2) What questions does this article raise for you, either about mindfulness practice or about how mindfulness practice applies to law practice?
4. Note: If you on the waiting list, you must attend the first class to remain eligible for enrollment in the course.