

The Virginia Bar Association recently hosted its 129th Summer Meeting at the Omni Homestead Resort. The attendees include approximately 500 lawyers and their guests from across the Commonwealth. A very discriminating group.

In advance of the convention, I was contacted by Kelly List Kemper who is a yoga instructor in Roanoke offering to host a class during our meeting. With the wealth of educational programs and social activities, the VBA felt it was important to focus on adding an organized wellness opportunity into the active and lengthy program agenda. We were able to reserve a room in the fitness center, and offered a “Pop-Up Yoga” class to our attendees.

I was able to join the class, and it was a blessed respite of all of the work-related activities I had for the meeting. I can truly attest that Ms. List Kemper was truly professional, offering options for all levels of students. Her knowledge and experience of the practice of yoga came through during the session, in both her demonstration of the poses, but also verbal cues. She was interactive with the students to assist them in their individual practices.

But don't just take it from me, I was impressed that a couple who attended the class later took their time to make a special trip to the event registration desk to tell us how wonderful the class was. And, they take a lot of yoga!

Kelly List Kemper's yoga class was outstanding. My only regret is that I may have to wait a year to take another one. If you have the opportunity to take one of her classes, please don't miss it. You'll thank me.

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