



## Partner Loryn Riggiola Guest Lectures at Seton Hall University School of Law on Wellness in the Legal Industry

01.08.2024

Zetlin & De Chiara LLP Partner Loryn Riggiola guest lectured at Seton Hall University School of Law on January 8, 2024. She presented to Seton Hall's Law Student Wellness & Mindfulness class, where she lectured on the scientific research supporting yoga and meditation as a tool for stress reduction and to heighten focus. Loryn spoke on the benefits of a regular practice to stay healthy and energetic and advised on techniques to balance the left and right brain and outline a variety of practices to balance the body and focus the mind in high stress induced environments which are experienced by most lawyers in their daily practice.

### **ATTORNEYS**

Loryn P. Riggiola