

# NEW YEAR'S ASPIRATION WORKSHOP

Energize your life, meditation or yoga practice

Saturday,  
January 5  
3:00 to  
5:00 PM



This year I  
want to live  
with  
greater....

## CONNECT YOUR HEART, MIND & ACTION

**Forget about resolutions!**

**Spiritual traditions teach us that heartfelt ASPIRATIONS are the key to energizing meaningful lives and regular practice**

Drawing on the Buddhist understanding of altruistic motivation,  
Together with techniques of psychology and ritual,  
This workshop offers simple techniques to make and keep aspirations!!

*Each participant will learn to:*

- 1) *Create a personalized aspiration from the heart for 2019.*
- 2) *Identify and let go of that which may obstruct your aspiration.*
- 3) *Identify and energize that which will enact your aspiration.*
- 4) *Develop a brief routine (under 2 minutes) to connect with and put into practice your aspiration in terms of specific activities and relationships.*

*PLUS: A group meditation of loving kindness and compassion for ourselves and our world!*

**Saturday, January 5 from 3:00 to 5:00 PM**  
**Motion Center Yoga, 84 Fountain Street, Pawtucket, RI**

**Suggested donation \$15 to \$25 – or whatever you can afford**

No registration required – RSVPs appreciated to

[shana.l.klinger@gmail.com](mailto:shana.l.klinger@gmail.com)

Feel free to bring rattles or drums if so moved

Facilitated by Shana Lieberman Klinger, M.A. Psychology. Combining her background in Buddhist meditation, psychology, and shamanic practice, Shana is inspired to help people connect with their innate good hearts, minds, and positive energy for the benefit of themselves and our world.

See [heartmindspace.com](http://heartmindspace.com)