

**STOP...**  
*and*  
**RELAX**  
**THE MIND**



**Saturday afternoon mini-retreat**

With Meditations from [The Relaxed Mind](#)

**February 23, 2019 from 1:30 to 4:00 PM**

Appropriate for beginners and experienced meditators  
Motion Center Yoga, 84 Fountain Street, Pawtucket, RI

**Registration required – space is limited**

\$25 - \$50 donation – or whatever you can afford

To register email [shana.l.klinger@gmail.com](mailto:shana.l.klinger@gmail.com) or call 401-258-3056

This 2.5 hour mini-retreat provides an opportunity in our busy lives to stop, turn inward, and settle the mind and heart. There will be brief introductory instructions for basic concentration and compassion meditations as taught in the meditation manual, [The Relaxed Mind](#) by Tibetan Buddhist master Dza Kilung Rinpoche. Chairs and cushions will be available for sitting. Below is the schedule.

Please arrive by 1:25 PM so we can start together

1:30 PM	Welcome and Instructions for Basic Sitting Meditation and Calm Abiding Meditation (20 minutes)
1:50 PM	20 minutes sitting meditation 5 minutes walking meditation 20 minutes sitting meditation
2:35 PM	Instructions for Open Heart-Mind Meditation and Question & Answer (30 minutes)
3:05 PM	20 minutes sitting meditation 5 minutes walking meditation 20 minutes sitting meditation
3:50 PM	Dedication meditation and Closing (10 minutes)

*Shana Lieberman Klinger*, M.A. Psychology, brings more than 40 years of experience in meditative techniques and humanistic psychology to her classes, workshops, and one-to-one consultation. She is authorized by Dza Kilung Rinpoche to give instruction in the seven meditations from the meditation manual, [The Relaxed Mind](#). To learn more about Shana visit [heartmindspace.com](http://heartmindspace.com).