

# **Drop-In Meditation Classes**

## ***The Relaxed Mind Meditations* at Motion Center Yoga**

**When: Five Sundays, 4:00 PM – 5:00 PM**

(Please arrive between 3:45 and 3:55 PM)

**March 10, March 17**

**April 7, April 14, April 28**

All levels of experience welcome  
Come to any class – no registration needed

Where: 84 Fountain Street, Pawtucket, RI

Suggested donation: \$10 to \$15/class or what you can afford

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

What: Instruction and practice in one of the foundational meditations from the book The Relaxed Mind by Tibetan Buddhist Master Dza Kilung Rinpoche. Methods will include Basic Sitting, Calm Abiding, and Open Heart-Mind meditations.

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