

*Presence is a learned skill...*

## **Cultivating Presence: Learn three meditative tools to listen with greater presence, caring, and awareness:**

**Calm**

**Grounding in the present moment (concentration)**

**Kind**

**Cultivating the good heart (compassion/loving kindness)**

**Clear**

**Being aware of experience exactly as it is (mindfulness)**

**Sunday, April 28, 2019, 12:30 PM to 3:00 PM**

**Registration required – Space is limited – Pawtucket location**

**\$35 to \$60 sliding scale**

No prior experience with meditation needed

Anyone who wants to listen with greater presence and caring is welcome

Also appropriate for teachers, helping professionals, and therapists

(Note: 2.5 CE's applied for from NASW RI)

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

**Instructor: Shana Lieberman Klinger, M.A. Psychology**

The workshop will include instruction in three meditative-based listening skills based on Buddhist practices and principles; interactive practice using the skills in dyads; and opportunity for Q&A. Participants will learn and practice skills that enhance the ability to:

- ✓ listen with greater self-awareness;
- ✓ maintain an open and grounded presence;
- ✓ more readily access compassion for both self and other;
- ✓ track and self-regulate one's own reactivity when it occurs.
- ✓ listen with less judgment and more curiosity about another's experience, including when it is different from one's culture or world view.

**Shana Lieberman Klinger, M.A. Psychology**, brings more than 40 years of experience in integrating meditative techniques and 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 visit

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