

# RELEASING SUFFERING:

## Buddhist Meditations and Insights for Loosening the Grip of Identification with Thoughts, Emotions & Sensations

Saturday, March 28, 2020 from 1:00 to 3:00 PM



**Appropriate for all levels  
at Motion Center Yoga**  
84 Fountain Street, Pawtucket, RI  
\$20 to \$40  
or whatever you wish to donate

**Pre-registration appreciated – Drop-in ok**

Please arrive by 12:55 so we can all start together

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

**This two hour class offers Buddhist meditation techniques and insights to:**

- Benefit from the Buddha's understanding of how identification with thoughts, emotions and sensations gives rise to mental suffering.
- Recognize and loosen the habit of identification with thoughts, emotions and sensations through meditations of mindfulness and calm abiding.
- Experiment with relaxing and making space around attachment/wanting and aversion/resisting, rather than engaging or struggling with them.
- Develop greater kindness in relation to identification with judgements about self and others.

**Instructor:** Shana Lieberman Klinger, M.A. Psychology, brings more than 40 years of experience in Buddhist meditative techniques and humanistic psychology to her classes, workshops, and one-to-one consultation. She loves practicing and sharing the Dharma. She began Vipassana meditation in 1974 and has practiced since then in the Zen and Vajrayana traditions. Bio at <http://www.heartmindspace.com/about/about-shana/>

This is part of a series of classes/workshops:

***Cultivating the heart-mind in 2020***

To learn more visit [heartmindspace.com](http://heartmindspace.com)