

The Brown Contemplative Studies Initiative presents two events with Sharon Salzberg

Lovingkindness in the Face of Adversity

A lecture followed by book signing.

Friday, Nov. 1 @ 5:30pm

Smith Buonanno 106

Admission is free, and seating is first come, first served.

Lovingkindness

a day long meditation workshop

Saturday, Nov. 2, 11am-5pm

Alumnae Hall Auditorium (194 Meeting Street, Providence)

Tickets Available at:

<http://www.brownpapertickets.com/event/477245>

General Admission: \$60

Brown/RISD Faculty/Staff (with ID): \$30

Brown/RISD Students (with ID): \$20



Sharon Salzberg has been a student of meditation since 1971, and leading meditation retreats worldwide since 1974. She teaches both intensive awareness practice (vipassana or insight meditation) and the profound cultivation of lovingkindness and compassion (the Brahma Viharas). She is the co-founder of the Insight Meditation Society (IMS) in Barre, Ma.

Sharon's latest book is *Love Your Enemies: How to Break the Anger Habit & Be a Whole Lot Happier*, co-authored with Robert Thurman. She is a regular contributor to *the Huffington Post* and is also the author of several other books including the New York Times best seller *Real Happiness: The Power of Meditation: A 28-Day Program* (2010), *Faith: Trusting Your Own Deepest Experience* (2002), and *Lovingkindness: The Revolution Art of Happiness* (1995). For more information about Sharon, please visit: www.SharonSalzberg.com.