

YEAR of 
FOR EVERY BODY

UB LAW SCHOOL PRESENTS

SHARON SALZBERG

“MEDITATION: A TOOL FOR INCLUSIVENESS AND COMPASSION”

TALK  BOOK SIGNING

Friday, September 27, 2019

3:00 – 5:00 p.m.

Student Union Theater, North Campus

Join us for a talk by internationally renowned lovingkindness meditation teacher and author, one of the people who brought meditation and mindfulness practice to the West and into mainstream culture. Sharon’s newest book, *Real Love: The Art of Mindful Connection*, is a reminder to all of us of how we are all connected and deserving of love.



Sharon Salzberg is one of the people who brought meditation and mindfulness practice to the West and into mainstream culture. She co-founded the Insight Meditation Society in Barre, Massachusetts, and is the author of nine books, including the New York Times best seller *Real Happiness*, her seminal work, *Lovingkindness*, and her newest book *Real Love: The Art of Mindful Connection*. Join us for a talk highlighting concepts from her newest book and a book signing to follow (books available for sale at event).

www.buffalo.edu/inclusion/projects/yoga-for-every-body

To request accommodations for disability, contact Sue Mann Dolce at samann@buffalo.edu or 716-645-2608.

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