

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.











ROSWELL PARK
MEMORIAL CANCER INSTITUTE

