



LOVING KINDNESS

SATURDAY, DECEMBER 5

1 – 4PM

Jewel Heart, 1129 Oak Valley Drive, Ann Arbor, MI 48108

In this workshop, Sandy Finkel will offer tools to cultivate the life-changing attitude and practice of loving-kindness, shifting habitual struggles with judgmental opinions & harsh demands into the ability to maintain an open heart for ourselves and others under all conditions. An expansive heart can be an essential help in dealing with the demands and stress inherent in the holiday period.

Carry a little more love and compassion with you
this holiday season and into the New Year,
the gift that truly keeps on giving!

Fee: \$20 – (Jewel Heart Members - \$15)

To register, contact registration@jewelheart.org or call 734 994 3387 extension 223.



Sandy Finkel,

a senior dharma teacher and co-founder of Jewel Heart, was instrumental in bringing Gelek Rimpoche to Ann Arbor. Sandy is Manager of Stress Management Services at University of Michigan's Cardiovascular Medicine.

Her research with Barbara Frederickson on loving-kindness in a workplace wellness program,

**Open Hearts Build Lives: Positive Emotions,
Induced through Loving-Kindness Meditation,**

Build Consequential Personal Resources,
was published in the *Journal of Personality
and Social Psychology* in November, 2008.



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