

# **Introduction to Mindful Self-Compassion**

**On-line class: Friday, March 11<sup>th</sup>, 9am to noon PT**

**Investment: 3-hour session - \$49**



Mindful Self-Compassion is an opportunity to explore how we respond when difficulties arise in our lives and to learn tools for relating to ourselves in a warmer, more friendly manner. How we relate to ourselves during times of stress impacts our quality of life; developing a

compassionate approach can lead to a profound shift in our lives. Teaching methods in the course include written exercises, short talks, experiential exercises, meditations, and small-group discussions.

If you wish to delve further into Mindful Self-Compassion after this introductory class, Denise and Jill are offering the full 8-week course beginning Feb. 18, 2022.

## **Mindful Self-Compassion Trained Teachers (Center for Mindful Self-Compassion):**

**Denise Kruszewski, Ph.D., ABPP**



**Jillean Johnson, M.A.**



To register or if you have questions, contact Jillean at:

**[jilleanrae@gmail.com](mailto:jilleanrae@gmail.com)**

**Learn more at: [www.stressandresilience.org](http://www.stressandresilience.org)**