



- Navigate life's challenges with more ease
- Increase resilience to stress, anxiety, depression and pain
- Cultivate calm inner strength and improve relationships
- Boost feelings of wellbeing, kindness and happiness

Mindful Self-Compassion is an innovative program built from the findings of the last 30 years of research in mindfulness, self-compassion and neuroscience. This course consists of mindfulness and self-compassion related activities such as guided meditations, visualizations, talks, experiential exercises, self-reflective writing, group discussions, strategies, tools and suggested home practices.

Mindful Self-Compassion presents over 25 psychological tools aimed at easing the stress and difficult moments in our daily activities. Most of the tools take only a few seconds to a few minutes to practice. Other practices include guided meditations that have been found to reduce stress as well as promote greater engagement with ourselves and with others.

Join Monte Scharbow in this empirically validated 8-week program co-created in 2010 by Dr Kristin Neff and Dr Christopher Germer, two psychologists and leaders in the field of mindfulness. Monte is a trained Mindful self-compassion teacher and has facilitated a number of 8-week courses. Monte is a former Civil Engineer, natural medicine (Naturopathy) practitioner, health educator and Commonwealth Government public servant. He is an accredited Dru Yoga and Meditation teacher, teaching in Canberra for over 10 years.

**Where:** Meeting room, Building 1, Pearce Community Centre, Collett Street, Pearce ACT

**When:** 6:30pm-8.45pm, Monday evenings 9, 16, 23 May; 6, 13, 20 June; and 4 July; and 9:30am-4:30pm Saturday 8 June (include a session and half-day Coming Home to Self-Compassion Retreat)

**Price:** Early bird rate of \$440 (30 April); \$490 regular.

**Presenter:** Monte Scharbow

**Enquiries and registrations:** <mailto:monte@grapevine.com.au> / 0431 317 695