

# Mindful Self-Compassion

Give yourself the gift of Mindfulness and Self-Compassion.

Navigate life's challenges with more ease!

Mindful Self-Compassion is about being present with connection and warmth during times of pain and struggles. You will learn over 15 simple strategies and tools to build inner resources that you can practice in your daily life and teach your clients/students/children. Rapidly expanding research shows that mindfulness and self-compassion are strongly associated with emotional well-being, lower levels of anxiety, pain and depression, better healthy habits such as diet and exercise, more satisfying personal relationships and enhanced self-care.

Week 1: The Science of Self-Compassion  
Week 2: Up to date practices in Mindfulness  
Week 3: The Science and practices of Loving-Kindness  
Week 4: Making peace with the inner critic  
Week 5: Hardwiring for happiness  
+ Full day or half day Mindfulness Meditation Retreat



Presented by Marie Bloomfield, MA Psych, MAPS psychologist and meditation/mindfulness teacher. Marie is a registered psychologist and Medicare provider with extensive experience in the delivery of psychological services in mental health in the public, corporate, academic and private sectors.

## Mindful Self-Compassion Morning 5-week Course

Date: 5 Feb-5 March 2019 (Tuesday 10:00am-12:30pm)

+ Mindfulness Retreat Day, Sunday 3<sup>rd</sup> March

Venue: Kirra Hill Community Centre, 1 Garrick St, Coolangatta QLD

Cost: Early bird (5 Jan.) \$310.00, Regular \$360.00

For more information or to register visit: [www.mindfulpath.com.au](http://www.mindfulpath.com.au)

You can also ring Marie Bloomfield 0427795721

