

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 25 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: Uncovering strengths and values
Week 6: Managing difficult emotions
Week 7: Transforming challenging relationships and self-care
Week 8: Hardwiring for happiness
+ Full day or half day Mindfulness Meditation Retreat

Marie Bloomfield, MA Psych, MAPS and Kelli Travers BA(Psych), Psych(Hons), MPsych(Clin), both meditation/mindfulness teachers and clinical psychologists, have been involved for many years in teaching mindfulness and meditation. They are both 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. Their personal and professional experience support the scientific evidence that Mindfulness and Self-Compassion offer practical ways to build inner emotional resources. Marie is one of the first registered and accredited Mindful Self-Compassion teacher in Australia and has presented over 30 Mindful Self-Compassion programs.

Mindful Self-Compassion Evening 8-week Course

Date: 9 Oct., -27 Nov., 2018 (Tuesday 6:15-8:45pm)

+ Mindfulness Retreat Day Tallebudgera, Sat. 3rd Nov.

Venue: Burleigh Waters Community Centre, M#3

131 Christine Ave, Burleigh Waters QLD 4220

Cost: Early bird (9 Sept.,) \$440.00,

Regular \$490.00

