

Free Online Mindful Self-Compassion Drop-In



Your most important relationship is with yourself!

Mindful Self-Compassion enables us to respond to difficult moments with kindness and strengths to ease stress and difficult emotions.

Who is it for: Beginners, as well as others who are more experienced are welcome.

In this one-hour practice session, there will be a short introduction to mindful self-compassion followed by two mindful self-compassion meditations, where you will be guided to find inner kindness, calm and balance. Each meditation will be approximately 20 minutes each, with an invitation of sharing your experiences in between. We will close with an inspiring short poem or quote.



Presented by Marie Bloomfield, Clinical Psychologist, Senior Certified Mindful Self-Compassion Teacher.

For more information you can visit:

www.mindfulpath.com.au

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We would love to meet you there!