

# 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 easy strategies to build inner strength that you can practice in your daily life and teach your clients/students/children. 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  
+ Half day Mindfulness Meditation Retreat

Marie Bloomfield, MA Psych, MAPS is a meditation/mindfulness teacher and clinical psychologist. Marie has been involved for many years in teaching mindfulness and meditation. She 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. Her personal and professional experience support the scientific evidence that Mindfulness and Self-Compassion offers practical ways to build inner strength. 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: 4 Feb.-24 March (Tuesday 6:15-8:45pm)

+ Mindfulness Retreat Half Day Sunday 8 March.

Venue: TBA Burleigh Waters QLD 4220

Cost: Early bird (4 January) \$390.00,

Regular \$450.00

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

To register send an email to [marie@bloomfieldpsychology.com.au](mailto:marie@bloomfieldpsychology.com.au)

Or ring Marie Bloomfield on 0427795721



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