

A therapeutic course combining the skills of mindfulness and self-compassion; powerful tools for emotional resilience.

Mindful Self Compassion course

Group courses in Oegstgeest (near Leiden)

www.attention2being.com

An 8-week course developed by Christopher K. Germer, PhD, leader in the integration of mindfulness and psychotherapy (www.MindfulSelfCompassion.org) and Kristin Neff, PhD, pioneering researcher in the field of self-compassion (www.Self-Compassion.org).



A healthy way to weather life's storms

**Special introductory
price 375 Euros
(plus BTW)**

In MSC you'll learn:

- how to stop being so hard on yourself
- how to handle difficult emotions with greater ease
- how to motivate yourself with encouragement rather than criticism
- how to transform difficult relationships, both old and new
- mindfulness and self-compassion practices for home and everyday life
- the theory and research behind mindful self-compassion
- how to become your own best teacher

For full course description see overleaf.

Facilitated by native English speaker and MSC trained teacher Marie Hobbs-Vijendran.

For latest course dates and to register:

www.attention2being.com

Or call Marie on 0624859763

Research has clearly shown that self-compassion enhances emotional wellbeing, reduces anxiety and depression, helps to maintain healthy habits such as diet and exercise, and is related to better personal relationships.

8 sessions with the following themes:

1: Discovering Mindful self-compassion

What is self-compassion actually? dispelling the myths

2: Practising Mindfulness

Awareness building; a foundation for self-compassion

3: Practising loving kindness

Training the mind to be more kind and connected

4. Discovering your compassionate voice

Overcoming self-criticism; establishing safety

5. Living Deeply

Discovering our real core values

6. Managing difficult emotions

Mindfulness of emotions; softening, soothing, allowing

7. Transforming challenging relationships

Managing your relationship with yourself and others through compassion

8. Embracing your life

Cultivating happiness through gratitude and self-appreciation

Plus a half day retreat to practise all core exercises



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