

*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](http://www.attention2being.com)**

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