

Mindful Self-Compassion for the Holidays



The holidays can be full of joy and connection, but for many they can also be stressful and challenging. Self-compassion practices can support you to cope with stress, improve challenging relationships, and build emotional resilience.

In this 2-hour workshop we will cover:

- ♥ What self-compassion is and what it is not
- ♥ Misgivings of practicing self-compassion
- ♥ Research and benefits of practicing self-compassion
- ♥ Practices you can take with you to support you through the holidays and beyond.

This workshop is based upon and provides an introduction to the 8-week Mindful Self-Compassion course, created by Dr. Kristin Neff and Christopher Germer.

When: November 10th, 11am-1pm
Where: Yale Street Therapy: 1150 Yale Street, #9
Cost: \$35

Facilitated by: Cori Rosenthal, LMFT & Meditation & Mindfulness Teacher
Norma Rubio, Certified Meditation Teacher

To register go to: <http://bit.ly/MSCHolidays>