

MINDFUL SELF-COMPASSION

Teacher: Sarah Lionheart

Whaley Bridge

From May 1st 2018 ... 9.30am-12.30pm

Mindful Self-Compassion (MSC) is an empirically-supported, 8-week, training program designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristin Neff and the clinical expertise of Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding.

Self-compassion can be learned by anyone, even those who didn't receive enough affection in childhood or who feel uncomfortable when they are good to themselves.

Rapidly expanding research demonstrates that self-compassion is strongly associated with emotional wellbeing, less anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships. And it's easier than you think.

After participating in this workshop, you'll be able to:

- Practice self-compassion in daily life
- Understand the empirically-supported benefits of self-compassion
- Motivate yourself with kindness rather than criticism
- Handle difficult emotions with greater ease
- Transform challenging relationships, old and new
- Manage caregiver fatigue
- Practice the art of savouring and self-appreciation

What To Expect

Program activities include meditation, short talks, experiential exercises, group discussion, and home practices. MSC is a workshop rather than a retreat. The goal is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life. Positive change occurs naturally as we develop the capacity to be with ourselves in a kinder, more compassionate way.

MSC includes 8 weekly sessions of 3 hours each, in addition to a 4-hour retreat. Prior to registering, participants should plan to attend every session and practice mindfulness and self-compassion at least 30 [minutes](#) per day throughout the program.

Prerequisites

No previous experience with mindfulness or meditation is required to attend MSC. To insure safety, participants are asked to provide background information when they register for the program.

It is recommended that participants read one or both of following books before or during the program:

- Self-Compassion: The Proven Power of Being Kind to Yourself, by Kristin Neff
- The Mindful Path to Self-Compassion, by Christopher Germer

This program fulfills one of the prerequisites for becoming a MSC teacher. For more information on MSC and MSC Teacher Training, please visit www.CenterForMSC.org.

Reduced rate £200 if paid before course starts. £300 normal rate. An initial deposit of £50 to book a place is non refundable.

Registration:

Please email me to register interest. Sarah. Lionheart@gmail.com

The class will not run consecutively as I try to adapt around peoples holidays and work schedules. It would help if people could give me a heads up on which Tuesdays they can't make. I would rather the course took longer and more of you were able to attend all sessions. It is not possible to miss either of the first two sessions as they are Crucial to the entire course. It is possible to miss one session (in the whole eight sessions +1 retreat morning) But I would strongly advise against it. We cover an awful lot in one session and I encourage every student to commit to attending every part of the course.

Please feel free to ask me any more questions.

With all best wishes, Sarah