

Heartwork

Integrated Art Therapy Services

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Patricia Williams Presents...

Mindful Self-Compassion (MSC) An 8-week Research-Based Program

Proven to Enhance Emotional and Physical Well-Being

Mondays May 3 - June 21
6:15 – 9 pm
*Includes a Half-day Retreat
May 28, 1-5 pm*

*When you begin to touch
your heart or let your heart
be touched, you begin to
discover that it's bottomless,
that it doesn't have any
resolution, that this heart is
huge, vast, and limitless.
You begin to discover how
much warmth and gentleness
is there, as well as how much
space.*

—Pema Chodron
Start Where You Are

Self-Compassion Can Be Learned

Self-Compassion is a skill that can be learned by anyone. It provides emotional strength and resilience, allows us to admit our shortcomings, motivate ourselves with kindness, forgive ourselves, relate wholeheartedly to others and be more authentically ourselves.

After the MSC Training, you will 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
- Manage caregiver fatigue
- Practice the art of savoring and self-appreciation

Training includes:

Meditation, short talks, experiential exercises, group discussion, home practices, and a half-day retreat midway through the program.

Cost: \$395 payable by credit card, e-transfer, Paypal or cheque (reduced rates available).

For more information and to register visit:

<https://www.heartworkarttherapy.com/events>

Located in Oak Bay (address provided upon registration)

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