

**June/July
2019**

Mindful Self-Compassion



Learn how to stop being so hard on yourself

Motivate yourself with encouragement, rather than self-criticism, in this 8 week course which will teach you how to:

- Relate to difficult emotions with greater moment-to-moment awareness.
- Respond to feelings of failure or inadequacy with self-kindness.
- Practice the art of savouring and self-appreciation without becoming arrogant.
- Integrate core mindfulness and self-compassion exercises into everyday life.
- Transform difficult relationships both old and new.
- Become your own best teacher.

Dates: Thursday evenings: 6th, 13th, 20th and 27th June & 4th, 11th, 18th and 25th July, with a morning of practice on 6th July

Times: 6:30 p.m. – 9:30 p.m.

Cost: £235 (concession £165)

Venue: The Annex, Holland Court, The Close, Norwich, NR1 4DY

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