

Mindful Self-Compassion



Learn how to stop being so hard on yourself and motivate yourself with encouragement, rather than self-criticism.

This latest innovation in Mindfulness-based Interventions 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: Saturday mornings: 26th Jan; (not 2nd), 9th, 16th, and 23rd Feb; 2nd, 9th, 16th, 23rd and 30th March

Times: 9:30 a.m. – 12:30 p.m.

Cost: £235 (Concessions £165)

Venue: Norwich and Central Norfolk Mind, The Annex, Holland Court, The Close, Norwich, NR1 4DY

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