

## Downtown

**Tuesdays: 6:15 - 8:45pm**

Apr. 21, 28, May 5, 12, 19, 26, June 2, 9, 2020

Location: reYoga, 209 Hannah St.

Admin/Materials Fee: \$150 • Course covered by OHIP

# Mindful Self-Compassion

## Objective:

**Mindful Self-Compassion (MSC)** is an empirically-supported, 8-week, training program designed to cultivate the skill of self-compassion through self-kindness, common humanity, and mindful awareness.

*"With self-compassion, we give ourselves the same kindness and care we'd give to a good friend." ~ Kristin Neff*

## Topics:

- 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 savoring, gratitude, & self-appreciation.



## What to Expect:

Program activities include: meditation, short talks, experiential exercises, group discussion, and home practices. The intention over the 8-week course is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life. MSC includes 8 weekly sessions of 2.5 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. Interested participants are required to attend a 60 minute Information Session prior to starting the course.

## Information Sessions:

**Kanata North** • Mon. Apr. 6, 5 - 6pm or 7 - 8pm • Wed. Apr. 8, 7 - 8pm • Thurs. Apr. 9, 5 - 6pm or 7 - 8pm

**reYoga on Hannah** • Tues. Mar. 24, 6:30 - 7:30pm • Tues. Apr. 14, 6:30 - 7:30pm

## Presenters: Robin Beardsley, MD & Elizabeth Parsons, MD

**Robin Beardsley, MD CCFP** is a Physician who practices psychotherapy and a Trained Teacher in Mindful Self-Compassion. She has always had a passion for care for the caregiver. MSC helps to meet this passion and fits with her positive psychology approach.

**Elizabeth Parsons, MD CCFP** is a physician who practices psychotherapy in Ottawa. She has training in Sensorimotor Psychotherapy and Internal Family Systems therapy. She loves bringing the concepts and practices of Mindful Self Compassion to her work with both individuals and groups.