

MINDFUL SELF-COMPASSION TRAINING

8 MONDAYS, OCT. 8 – DEC. 3RD, 9:00–11:40AM

(NO CLASS 11/26; OPTIONAL SILENT RETREAT SUNDAY, NOV. 4, FROM 1–4:30PM)



FREE MINDFUL SELF-COMPASSION PREVIEW, SEPT. 17 AT 9AM

Mindful Self-Compassion (MSC) is an empirically supported 8-week course designed to cultivate the skill of self-compassion, which serves as a foundation for growing and sustaining compassion for others.

In this course you will learn to:

- Practice mindfulness and self-compassion in daily life
- Understand the science of self-compassion
- Handle difficult emotions with greater ease
- Motivate yourself with kindness rather than criticism
- Work with challenging relationships & manage caregiver fatigue
- Treat yourself as you would treat a good friend

Instructor: Jamie Lynn Tatera

Location: Jewish Community Center in Whitefish Bay in the Teva Yoga Studio

Registration for MSC training: Call 414-964-4444; <https://jccmilwaukee.org/programguide>

"Jamie Lynn is brilliant, skillful and real. Her class will create a mindshift and you will never be the same." –Amy Lovell, Executive director of REDgen

Learn more about Mindful Self-Compassion training visit www.centerformsc.org or <http://www.whollymindful.com/mindfulness-classes.html>, or contact Jamie Lynn at jamielynn@whollymindful.com.

