

Cultivating Self-Compassion

LIVE ONLINE

8 Tuesday Evenings
1/12/2021 – 3/2/2021
7 pm – 8:30 pm CST

Course Instructors:

Jamie Lynn Tatera, Certified
Mindful Self-Compassion Instructor

Barbara Moser, MD, Mindful Self-
Compassion Instructor

**During these challenging times,
learn to depend on your inner
resources of Mindfulness and
Self-Compassion**

In this experiential 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

Cost, Registration and Continuing Education*

Register by December 31st: Cost \$195 per person

Register after December 31st: Cost \$225 per person

To Learn More or Register:

<https://www.whollymindful.com/cultivating-self-compassion.html>

***If you are interested in taking this class for CE credits, please contact Jamie Lynn Tatera at jamielynn@whollymindful.com before registering.**



Free Introduction
To the 8-week course
Live Online
December 29th
7-8 pm

CompassionMKE 