



# Live Online Introduction to Self-Compassion Workshop (free!) Sunday April 19<sup>th</sup> 2 PM - 3 PM

**Especially now amidst the pandemic and uncertain times, we need to support ourselves with inner resources.**

*What is mindful self-compassion? How can it benefit you and your life?*

- Decrease anxiety and depression
- Handle difficult emotions with greater ease
- Balance caring for others with caring for yourself
- Motivate yourself more effectively with kindness rather than criticism
- Practice mindfulness in everyday life
- Learn to treat yourself as you would treat a good friend

**Join Us!     Jamie Lynn Tatera, certified Mindful Self-Compassion instructor,  
and Barbara Moser, MD, Mindful Self-Compassion instructor**

**Register now: <http://www.whollymindful.com/intro-workshop.html>**

## **Questions?**

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For Information on Upcoming Trainings,

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