

MINDFUL SELF-COMPASSION TRAINING COURSE **ONLINE JANUARY-MARCH 2022**

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--“EARLY BIRD” DISCOUNT UNTIL JANUARY 3...--

If you are continually judging and criticizing yourself while trying to be kind to others, you are drawing artificial boundaries and distinctions that only lead to feelings of separation and isolation

*--Dr. Kristin Neff, *The Proven Power of Being Kind To Yourself**



Mindful Self-Compassion (MSC) is the ability to be present in the face of challenges and support ourselves in the same way we would do for a good friend. The MSC course teaches principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding as well as being able to protect and motivate themselves and set limits. The program is very practical and includes many skills you can apply in your daily life.

MSC builds on our basic resources as human beings. As a human being, each of us already has the capacity for kindness and resilience. MSC teaches core principles and practices that empower participants to respond to the stresses and difficulties of their lives with a kind, connected presence. In MSC, participants cultivate skills of self-compassion with experiential exercises and practices that they can apply in their daily lives.

The 9-session MSC program is scientifically-supported and based on the groundbreaking research and clinical work of Kristin Neff and Christopher Germer, two of the world’s leading experts on self-compassion. The program integrates cutting-edge understanding of human growth and thriving based on neuroscience, positive psychology and human development.

This version of MSC training program online includes 9 sessions on Sunday mornings:

- 8 core course sessions X 3 hours each (24 hours total) on Sundays at 9am Thailand time starting Sunday January 23, plus
- A 3-hour retreat session after the 5th session.

It’s proven to help!: Hundreds of published scientific studies clearly demonstrates that self-compassion is strongly associated with increased resilience and emotional wellbeing, less anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships. And it’s easier than you think.

Prior to registering, participants should plan to attend every session and practice mindfulness and self-compassion at least 20-30 minutes per day on their own throughout the program.

Program activities include meditation, short talks, experiential exercises, group discussion, and home practices. ***Please look at MSC as an experiential training and not a class.*** The main goal is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life.

Who can participate?: Any adult located in the Asia-Pacific region is welcome to register. No previous experience with mindfulness or meditation is required

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Prerequisites

No previous experience with mindfulness or meditation is required to attend MSC!

To insure safety, participants are asked to provide background information when they register for the program.

We do recommend that participants read one or both of following books before or during the program (but it's not required):

- *Self-Compassion: The Proven Power of Being Kind to Yourself*, by Kristin Neff
- *The Mindful Path to Self-Compassion*, by Christopher Germer
- *The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive*

Mindful Self-Compassion Course Online Schedule: Jan.-March 2022

Please check the schedule and plan to attend every session- all sessions are on Zoom

ALL TIMES ARE IN THAILAND TIME UTC+7. This is one hour behind Singapore

Date	Time	What?
Sunday, Jan. 16	10:00 – 10:50 am	<u>MSC Course Information Session</u> - this free, brief session is a chance to meet the teachers, find out what this is all about and ask questions!
Sunday, Jan. 23	9am-12pm	MSC Session 1: Introducing MSC
Sunday, Jan. 30	9am-12pm	MSC Session 2: Practicing Mindfulness.
Sunday, Feb. 6	9am-12pm	MSC Session 3: Practicing Loving Kindness
Sunday, Feb. 13	9am-12pm	MSC Session 4: Discovering Your Compassionate Voice
Sunday, Feb. 20	9am-12pm	MSC Session 5: Living Life Deeply
Sunday, Feb. 27	9am-12pm	Retreat Session : A wonderful opportunity for deeper, concentrated practice without words
Sunday, March 6	9am-12pm	MSC Session 6: Meeting Difficult Emotions
Sunday, March 13	9am-12pm	MSC Session 7: Exploring Challenging Relationships
Sunday, March 20	9am-12pm	MSC Session 8: Embracing Your Life (final session)

Total = 27 course hours

There will be a 10-minute break in each session.

Completion: Participants who attend at least 90% of the program will receive a certificate of completion, which is the basis for participation in further MSC training.

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Course Fee: USD\$500

Early Bird Discount: Register and pay on/before January 3, USD\$450

The course is limited to 20 participants.

Steps to Register & Payment:

- 1) Register by emailing siri@mindfulnessst.com
- 2) We'll send you two forms to complete: an information form and an informed consent. You complete them and send them back to us.
- 3) We pace our work with self-compassion, so please give us a few days to review and respond.
- 4) We'll send you the link to make payment online and secure your spot.

Questions? Email: siri@mindfulnessst.com or drbweinstein@yahoo.com