

*Embrace Your
Imperfect Self!*

Saturday, July 29, 2017

Two times available: 9:30 to 11:00am or 12:30 to 2:00pm

Join Us for an Introductory Class on **MINDFUL SELF-COMPASSION**

This **introductory class** will offer information, sample activities and a Q&A time on our upcoming **Mindful Self Compassion 8-Week Course** being offered Sunday afternoons beginning this September 10th – October 29th.

Mindful Self Compassion (MSC) is an empirically supported 8-week training program designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristen Neff and Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding. Self-compassion provides emotional strength and resilience, allowing us to admit our short-comings, motivate ourselves with kindness, forgive ourselves when needed, relate wholeheartedly with others, and be more authentically ourselves.

facilitated by **Nancy Symons**

Nancy Symons is an adjunct faculty member of Samuel Merritt University providing mindfulness training (MBSR) to health care professionals. She also established the Mindfulness Center of the Foothills providing mindfulness education and consultation in the Sacramento region. She received formal teacher trainings in both Mindfulness Based Stress Reduction (MBSR) led by Jon Kabat-Zinn as well as Mindful Self Compassion (MSC) through the UC San Diego Center For Mindfulness.

No Cost for Introductory Class
Free-Will Donations Appreciated

8-Week Class *(space limited)*

Sundays from 1:00 to 4:00pm beginning September 10, 2017
(see separate flyer and registration for 8-week class)

Upon Registration in the 8-Week Class, you will receive an Application followed by an introductory call from the facilitator. A liability waiver is also required.

MINDFUL SELF COMPASSION INTRODUCTORY CLASS Saturday, July 29th (please choose time you will attend below)

Name: _____ Phone: _____

Address: _____ City/Zip: _____

Email: _____

9:30 to 11:00 am 12:30 to 2:00pm

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Register on-line or send registration to:

Mercy Center Auburn • 535 Sacramento Street • Auburn, CA 95603 • 530-887-2019