



Mindful Self-Compassion – Practicing loving kindness and discovering your compassionate voice
Sunday 11 November 2018 (10am -3pm)

Mindfulness is increasingly being recognised as being helpful with a range of mental health issues including depression, anxiety and stress. Combined with self-compassion we can learn to respond to life's ups and downs more skilfully and treat ourselves like a dear friend. We can improve our relationship with ourselves and others and increase our life satisfaction and happiness.

Lynn Rackley has many years teaching mindfulness in her counselling practice and is a trained Mindful Self-Compassion teacher with the University of California teacher training programme. She teaches 8-week Mindful Self-Compassion courses in Canberra and runs organisational well-being sessions.

Join Lynn for some simple and enjoyable mindfulness techniques in the beautiful and peaceful Boree Log Cottage and garden, 29 Demestre Street, Yass NSW. Includes delicious vegetarian morning tea & lunch provided by Juicie Lucie @Trader & Co.

This workshop forms part of a 4 day program that will be spaced over 2018/2019. A ½ Day Retreat will also be held in 2019. It is suitable for newcomers to mindfulness as well as returning participants

Day 1: Discovering and Practicing Mindful Self-Compassion (September 2018)

Day 2 : Practicing Loving-Kindness and Discovering Your Compassionate Voice (November 2018)

Day 3 :Living Deeply/Meeting Difficult Emotions (Autumn 2019)

Day 4 :Exploring Challenging Relationships/Embracing Your Life (Spring 2019)

½ Day Retreat : Summer 2019

What to bring: garden shoes, warm clothes, slippers or warm socks, a blanket, a yoga mat (if you have one or an extra blanket), cushion, an umbrella and raincoat in case of rain.

Registration details Limited places available, your place is secured on payment

Enquiries and registrations to soothedheart@gmail.com / after-hours telephone number: 0455 178 910

Early bird rate of \$100 (before 4th November 2018)

\$120 late regos (after 4th October 2018)

Bank Account Name - Soothed Heart BSB: 302-162 Account Number: 1119088