Self-Compassion: A Transformative Workshop

Learn to treat yourself with the kindness normally reserved for others while transforming difficult emotions and overcoming relationship obstacles. We’ll use discussions, guided meditations and written reflections to apply mindful self-compassion to your life and experience the profound benefits. After participating in this workshop, you'll be able to practice self-compassion in daily life, transform challenging relationships, enhance your emotional resilience, manage compassion fatigue, and practice the joyful art of savoring and self-appreciation. Have a yoga mat or cushion.