



**Would you like to learn to be kinder to yourself????  
How about taking part in a course on**

***MINDFUL SELF-COMPASSION***

*With Caitriona Nic Ghiollaphádraig  
Suantraí, Béal Chara Letterard, Cashel, Co. Galway  
8 week course start date: 29<sup>th</sup> September to November 17<sup>th</sup> 2015*

*Mindful Self-Compassion (MSC) is an 8-week, training programme designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristin Neff and the clinical expertise of Christopher Germer, MSC teaches core principles and practices that enable you to respond to difficult moments in your life with kindness, care and understanding.*

*The three key components of self-compassion are self-kindness, a sense of common humanity, and balanced, mindful awareness. Kindness opens our hearts to suffering, so we can give ourselves what we need. Common humanity opens us to our essential interrelatedness, so that we know we aren't alone. Mindfulness opens us to the present moment, so we can accept our experience with greater ease. Together they comprise a state of warm-hearted, connected presence.*

*Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, motivate ourselves with kindness, forgive ourselves when needed, relate wholeheartedly to others, and be more authentically ourselves.*

*Rapidly expanding research demonstrates that self-compassion is strongly associated with 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.*

**What to Expect**

*The 8 weeks course includes meditation, short talks, experiential exercises, group discussion, and home practices. You will directly experience self-compassion and learn practices that evoke self-compassion in*

*daily life. Positive change occurs naturally as we develop the capacity to be with ourselves in a kinder, more compassionate way.*

*Time: 7.30pm to 10pm*

*Cost: €160 for 8 nights. Can be paid in full or two amounts of €80*

*Numbers are limited.*

**Prerequisites**

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

*Contact Caitriona at [caitriona@embodiedbrain.ie](mailto:caitriona@embodiedbrain.ie) to book in.*

*Website: [www.embodiedbrain.ie](http://www.embodiedbrain.ie)*

***We can never obtain peace in the outer world until we make peace with ourselves.***

*- His Holiness the Dalai Lama*