



Embodied Mindful Self Compassion

An Integration and Collaboration of Mindful Self Compassion and Open Floor Movement Practice with Caitriona Nic Ghiollaphádraig and Anne Kirwan

Mindful Self-Compassion (MSC) is normally run as an 8 week programme designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Dr. Kristin Neff and the clinical expertise of Dr. Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding.

Open Floor Movement Meditation Practice supports us to show up and learn to stay with our experience whether it's good or bad; to feel our power and to make things happen in our world. When we live an embodied life we are fluid, flexible, and free to experience all of the wild and subtle moments of our everyday lives.

The 8 week course has been integrated into a two weekend intensive experiential course. Caitriona and Anne are delighted to facilitate this pioneering collaboration of MSC and Open Floor Movement Practice.

Part 1: February 10-12 2017

Part 2: March 10-12 2017

Venue: Ashe House, Corduff, Lusk, County Dublin

Times: Friday 6-9.30pm; Saturday: 9.30-6pm; Sunday: 9.30-5pm

Cost: € 500. Deposit € 100, when accepted, can be paid by PayPal on www.embodiedbrain.ie

Participation by Application Only

Following receipt of your application form Caitriona or Anne will discuss your application by phone or in person at a time that is convenient to you.

Limited Places available

Who would benefit from taking this course?

Self-compassion can be learned by anyone, even those who didn't receive enough affection in childhood or who feel uncomfortable when they are good to themselves. It's a courageous attitude that stands up

to harm, including the harm that we unwittingly inflict on ourselves through self-criticism, self-isolation, or self-absorption. 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!

Personal Gains and Resources from taking this Course:

- Practice self-compassion in daily life
- Understand the empirically-supported benefits of self-compassion
- Motivate yourself with kindness rather than criticism
- Handle difficult emotions with greater ease
- Transform challenging relationships, old and new
- Manage caregiver fatigue
- Practice the art of savouring and self-appreciation