



Mindful Self-Compassion

5-DAY INTENSIVE TRAINING RETREAT

July 31 – August 5, 2015



The HeartWell Institute, Worcester, MA

Led by Beth Mulligan and David Spound

Mindful Self-Compassion (MSC), developed by Christopher Germer, Ph.D, and Kristin Neff, Ph.D., is an adventure in self-discovery and self-kindness -- designed to cultivate the skill of self-compassion and to teach core principles and practices that enable participants to respond to difficult emotions with kindness and understanding. Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, forgive ourselves, motivate ourselves with kindness, care for others, and be fully human. The retreat includes: meditation, short talks, interactive and experiential exercises, and group discussions.

Open to the general public and professionals who wish to integrate self-compassion into their work. Meditation experience is not necessary to participate.

Limited space. Pre-registration required.

Retreat Fee: \$650 before July 10; \$700 after.



Beth Mulligan, PA-C

is a certified MSC teacher and teacher trainer at the UC Irvine Center for Integrative Medicine and for the UMASS Center for Mindfulness. Beth teaches MBSR to diverse populations; from the critically ill and underserved to educators and corporate leaders. She is also a certified yoga instructor.



David Spound, M.Ed

is the founder of Valley Mindfulness in Northampton where he offers programs in Mindfulness-Based Stress Reduction (MBSR) and Mindful Self-Compassion (MSC). He is certified as a teacher of MBSR by the Center for Mindfulness at UMass Medical School where he served as a staff member, MBSR teacher and program coordinator.



Register at heartwellinstitute.com/calendar/mscretreat
More info: marketing@heartwellinstitute.com or (774) 243 6800