

THE POWER OF SELF-COMPASSION TWO-DAY CORE SKILLS WORKSHOP KRISTIN NEFF & CHRISTOPHER GERMER

University of Miami, Newman Alumni Center

October 12 & 13, 2018

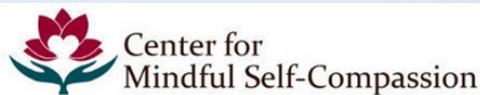
9:00am-5:00pm

Coffee, tea, & snacks provided

Participants will directly experience self-compassion and learn practices that evoke self-compassion in daily life.

Program activities include talks, meditation, experiential exercises, and group discussion. No previous experience with mindfulness or meditation is required to attend the program.

For more information and registration
Visit MINDFULNESS.MIAMI.EDU



Kristin Neff and Christopher Germer are pioneers in the scientific development of self-compassion. They have brought their respective experience together in this empirically-supported Mindful Self-Compassion (MSC) program.

