



Mindful Self-Compassion

TM

“If you want others to be happy, practice compassion.
If you want to be happy, practice compassion.”

— [Dalai Lama XIV](#), [The Art of Happiness](#)

Based on the groundbreaking work of Kristen Neff and Christopher Germer,
Self-compassion can lead to higher emotional well-being,
Lower levels of anxiety and depression, and
More satisfying personal relationships.

8-Weeks, Tuesdays, May 29 through July 17, 2018, 6:30-9 pm

Center for Innovation and Education Community Room
400 W Russell St, Saline, MI 48176 (Ann Arbor Area)

Includes a Half-Day Retreat, Saturday, June 30, 10 a.m.-2 p.m.

Course fee: \$400 (\$200 for repeat participants)

Up to 25 **CEs Approved for Psychologists, Dietitians, Social Workers,
and Mental health Professionals**

Free Informational Session May 22, 6:30-7:30 p.m.

Please register with Paulette.



Paulette Grotrian, M.A., Qualified MSC & MBSR Instructor
Trained with renowned Kristen Neff and Christ Germer, UCSD Medical Sch.
Founding member, Ann Arbor Center for Mindfulness.

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