



Mindful Self-Compassion™

“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, Sundays, Sept 23-Nov 18, 2018, 2:30-5 pm

Gladwin Barn, 4105 W. Liberty, Ann Arbor, Mi 48103

Includes a Half-Day Retreat, Saturday, Nov 3, 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 Sept 16, 2:30-3:30 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.

www.mindfulnesswithpaulette.weebly.com



ISG is approved by the American Psychological Association to sponsor continuing education for psychologists. ISG maintains responsibility for this program and its content.

**Contact mindfulnesswithpaulette@gmail.com
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