



# 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.

This program is designed for members of the general public. Meditation  
experience is not necessary to participate in MSC. All are welcome!

**8-Weeks, Sundays, Sept 8-Nov 10, 2019, 2:30-5 pm**  
**No session Sept 29**

**Gladwin Center, 4105 W Liberty Rd, Ann Arbor, MI 48103**  
**Includes a Half-Day Retreat, Guided Meditations, and MSC**  
**Workbook**

Course fee: \$450 (\$225 for repeat participants)

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

**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](http://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.

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