



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](#)

Self-Compassion helps us accept ourselves, build inner strength, and thrive!

Meditation experience is not necessary to participate in MSC.
All are welcome!

8-Weeks, Tuesdays, May 19-July 7, 2020, 6-8:30 pm
Enlightened Soul Center, 3820 Packard, St., #280, Ann Arbor, MI 48108
Includes a Half-Day Retreat, Guided Meditations, & MSC Workbook
Course fee: \$450 regular, \$350 seniors and students, \$250 for repeat participants
Up to 24 **CEs Approved for Psychologists, Dietitians, Social Workers, Mental Health Professionals, and Nurses**

Please register with Paulette.



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

www.mindfulnesswithpaulette.weebly.com

With Karen Kerr, LMSW



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
or 734-276-7707**