



Short Course in Mindful Self-Compassion Online

**During these continuing challenging times
Learn how mindfulness and self-compassion can
Help us cope with stress and anxiety,
Manage our difficult emotions, and
Take better care of ourselves in daily life.**

6 Mondays, Feb 8 through March 15, 2021

1-2 p.m. EDT ONLINE

Free Introductory Session M Feb 1, 1-2 p.m. EDT

The Short Course in Mindful Self-Compassion is offered via Zoom

Includes recorded meditations and handouts.

Compassionate COVID-19 Discount \$150

\$100 for repeat participants.

***Paulette Grotrian, Certified MSC Teacher and MBSR Teacher
Co-Founder Ann Arbor Center for Mindfulness***

Please register with Paulette.

www.mindfulnesswithpaulette.weebly.com



Paulette Grotrian, M.A., UCSD Certified MSC Instructor
Trained with renowned Kristin Neff and Christopher Germer
MBSR Instructor, Trained with Jon Kabat-Zinn and Colleagues
Founding member, Ann Arbor Center for Mindfulness.

**Contact her at mindfulnesswithpaulette@gmail.com
or 734-276-7707.**