



## Short Course in Mindful Self-Compassion Online

**Chronic stress can suppress the immune system.**

**Self-compassion can enhance it.**

**Learn the skills that can help you care for your health and well-being and lead to greater ease in daily life.**

**Six 75-minute sessions, February 2 –March 9, 2022.**

**Wednesdays, 12 Noon-1:15 pm Eastern Time**

**The Short Course in Mindful Self-Compassion, based on the ground-breaking work of Kristin Neff and Chris Germer, offered via Zoom, \$150 fee includes 6 sessions, recorded meditations,, and handouts. \$100 for repeat participants and those with limited resources.**

**Registration and more information at**

**[www.mindfulnesswithpaulette.weebly.com](http://www.mindfulnesswithpaulette.weebly.com)**

***Paulette Grotrian, Certified MSC Teacher and MBSR Teacher***



**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  
Founding Member, Open Mindfulness Meditation**

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or 734-276-7707.**