



AN 8-WEEK COURSE DESIGNED TO CULTIVATE SKILLS OF SELF-COMPASSION

Research has shown that mindfulness and self-compassion can greatly enhance emotional wellbeing and can change the way the brain rewires in response to life's challenges. It has been linked to an increase in life satisfaction, happiness, optimism, creativity, and gratitude. It can help us maintain healthy lifestyle habits such as diet and exercise as it motivates us through kindness. During times of difficulty it has been shown to provide emotional strength and resilience, helping us to reduce stress, anxiety, depression and shame.

When: The 8-Week Course will start on January 21, 2019

Mondays, 9:00am to 12:00pm

Where: Asa Garden, Sukhumvit 24

Curious and want to try? A free 2-hour Introductory Workshop will take place on January 10, 2019, from 9:00am to 11:00am.

This course is designed for anyone interested. There is no need to have any background in mindfulness.

In the Mindful Self-Compassion (MSC) training, you will learn the skills of self-compassion, mindfulness and loving kindness and how to use these in daily life to

- Motivate yourself with encouragement rather than with criticism
- Handle mistakes and difficult emotions with greater ease
- Transform challenging relationships, old and new
- Manage caregiver fatigue - for professionals and people caring for parents & children
- Be in the present, here and now, with kindness

The MSC Trainers

Siri Chandler has practiced mindfulness since the early 90's and worked as a mindfulness educator for over 7 years. She has taught mindfulness to educators, students, and parents in over 11 different International schools in Bangkok and Bali. She lives in Pranburi where she facilitates retreats, workshops and online courses. Her many qualifications to teach include MBSR. At the moment, her passion is MSC as it has given her skills and tools that have helped her to cope with grief and difficult life challenges that have occurred during the past few years. She is enthusiastic to share the wisdom and strength of the course with others. To learn more about her background visit: www.mindfulnessst.com/about

Lotta Adelstal has worked with organisational development, leadership development, facilitation and social and behaviour change communication for 25 years. She ventured into different types of mindfulness practices but it was not until trying mindful self-compassion that she 'got it' and wanted to make the extra effort to bring mindfulness into day-to-day busy life. In addition to using it in her personal life, she uses elements of MSC in her work with organisations to become more balanced and happier place to work and grow in.

To find out more, and book your spot for the free introductory session and the course, please contact us:

Siri: siri@mindfulnessst.com - 080 - 250 - 7779
Lotta: lotta.adelstal@gmail.com - 096 - 680 - 1400

We look forward sharing Mindful Self-Compassion with you