

Mindful Self-Compassion (MSC) Intensive

Aims of the Mindful Self-Compassion Intensive (MSC)

- Learn skills of self-compassion, mindfulness and loving kindness in daily life and formal meditation
- Motivate oneself with kindness rather than criticism
- Heal difficult relationships
- Transform destructive emotions
- Learn how to be present, here now, with kindness

Trainers

Malcolm Huxter is a certified MSC teacher, a Lismore based clinical psychologist and meditation teacher. For more info about Malcolm go to: www.malhuxter.com

Lisa Brown is a MSC trained teacher, a local Psychologist, Mindfulness-based Stress Reduction (MBSR) facilitator and yoga teacher. For more info about Lisa go to: <http://mindfulnesspsychologywellbeing.com>

For a detailed information sheet about this MSC intensive with more about the teachers go to: <https://www.malhuxter.com/mindful-self-compassion-msc/>

Over 5 days from Friday 20th till Tuesday 24th of April 2018
(3 day weekend option available)

Early Bird until the 20/3/18, 3 Day - \$400, 5 Day - \$650

After 20/3/18, 3 Day - \$450, 5 Day - \$690

At Casuarina Steiner School, Gentle Street, Coffs Harbour

Register Online: <https://mindfulselfcompassionintensive.eventbrite.com.au>

For more information contact Karen Plumbe Course Coordinator

kjpc coaching@live.com.au or phone 0416017372