

MINDFUL SELF-COMPASSION TRAINING COURSE **ONLINE WEDNESDAY EVENINGS STARTING JAN. 17**

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--“EARLY BIRD” DISCOUNT UNTIL JAN. 11--

“WE CANNOT BE MORE CONNECTED TO OTHER PEOPLE THAN WE ARE TO OURSELVES.” -BRENE BROWN



Self-compassion is not just a good idea, it is something one can do.... a powerful way to alleviate suffering that is accessible to anyone at any moment. It can be learned and practiced, and it is not rocket science

--Dr. Kristin Neff, author of The Proven Power of Being Kind To Yourself

BUILD RESILIENCE AND INNER STRENGTH IN 2024!

Free Info Session On Wednesday Jan. 10 At 17:30 (ICT, Thailand Time)

[*\(click to register!\)*](#)

Mindful Self-Compassion (MSC) is the ability to be present in the face of challenges while we support and motivate ourselves in the same way we would do for a good friend. MSC is a proven source of inner strength and resilience. The MSC course teaches concrete practical skills for daily life that will help you to respond to difficult moments with calm, kindness, and understanding as well as becoming more able to motivate, stand up for yourself and set limits.

This full, version of MSC training includes 9 sessions on Wednesdays:

- 8 core course sessions X 3 hours each (24 hours total) on Wednesdays at 17:30 ICT (Thailand time) starting Wednesday Jan. 17, 2024, plus
- A 3-hour retreat session after the 5th session (see schedule below)

It's proven to help! The program integrates cutting-edge insights based on neuroscience, positive psychology, and human development. Hundreds of peer-reviewed studies demonstrate that self-compassion is strongly associated with increased resilience and emotional wellbeing, less anxiety, depression and stress, maintenance of healthy habits such as diet and exercise, and satisfying personal relationships. And it's easier than you think.

Why Online? Taking the course online empowers you to:

- 😊 Participate from the convenience and comfort of your own home, and
- 😊 Be deeply engaged with interactive, experiential exercises, while
- 😊 Connecting with a diverse community of participants from across Asia-Pacific,
- 😊 Learn from the experts: this course is led by [Siri Chandler](#) and [Ben Weinstein](#), PhD, two of Asia-Pacific's most experienced and skilled teachers of secular mindfulness and self-compassion.

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Who can participate?: Any adult located in the Asia-Pacific region and Europe are welcome to register! No previous experience with mindfulness or meditation is required.

Program activities include meditation, short talks, experiential exercises, small group discussions, and home practices. *Please look at MSC as an experiential training and not a class.* You’ll be very actively engaged in each session. The main goal is for participants to directly experience and learn practices that evoke self-compassion in daily life. Prior to registering, participants should plan to attend every session and practice mindfulness and self-compassion at least 20-30 minutes per day on their own throughout the program.

We suggest that participants read one or more of the following books before or during the program:

- *Self-Compassion: The Proven Power of Being Kind to Yourself*, by Kristin Neff
- *The Mindful Path to Self-Compassion*, by Christopher Germer

Mindful Self-Compassion Course Online Schedule: Jan-March, 2024

Please check the schedule and plan to attend every session- all sessions are on Zoom

ALL TIMES ARE IN THAILAND TIME UTC+7. This is one hour behind Singapore/Hong Kong

Date	Time	What?
Wed., Jan. 10	17:30-18:30	<i>MSC Course Information Session</i> - this free, brief session is a chance to meet the teachers, find out what this is all about and ask questions!
Wed. Jan. 17	17:30-20:30	MSC Session 1: Introducing MSC
Wed. Jan. 24	17:30-20:30	MSC Session 2: Practicing Mindfulness.
Wed. Jan. 31	17:30-20:30	MSC Session 3: Practicing Kindness
Wed. Feb 7	17:30-20:30	MSC Session 4: Discovering Your Compassionate Voice
Wed. Feb 14	17:30-20:30	MSC Session 5: Living Life Deeply
Wed. Feb 21	17:30-20:30	Retreat Session: A wonderful opportunity for deeper, concentrated practice without words
Wed. Feb 28		MSC Session 6: Meeting Difficult Emotions
Wed., March 6		MSC Session 7: Exploring Challenging Relationships
Wed., March 13		MSC Session 8: Embracing Your Life (final session)

Total = 27 course hours

There will be a 15-minute break in each session.

Completion: Participants who attend at least 90% of the program will receive a certificate of completion, which is the basis for participation in further MSC training.

Participants who are receiving continuing education credit from HKPS must be present at the beginning and end of each session, and complete the weekly reflection 4 times, and the course evaluation.

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Course Fee: USD\$400 (about \$14/hour!)

--Early Bird Discount: USD\$300 (register and pay on/before Jan 11, 2023)

The course is limited to 22 participants.

Please know that we offer 20% of the seats in each course to local scholarship recipients and people actively serving their communities. So, when you pay the registration fee, you're helping to support this offering!

Please note: Ben and Siri are both MSC Certified teachers and teach the full MSC curriculum in this course. Other online MSC courses are abridged and are not the full MSC curriculum.

Steps to Register & Payment:

- 1) [Email us to express your interest](#) (or with any questions you have)
- 2) We'll send you two forms to complete online: an information form and an informed consent. You complete them and send them back to us. We pace our work with self-compassion, so please give us a few days to review and respond.
- 3) We'll send you the link to make payment online. Make your payment and your place is secured! Easy online payment options available.
- 4) Refund policy: If you cancel before/on Jan 11, 2023, you will be refunded your course fee minus a 5.5% processing, gateway, and VAT fee from the online ticketing company, which is non-refundable. If you cancel on/after Jan 11 and the Start Date (Jan 17), you will be refunded 45% of your course fee. There are no refunds after January 17.

Not Ready To Register But Want More Info First?

Please join us for a free info session on January 10 at 17:30 ICT (Thailand time) by registering here: <https://forms.gle/kuLiquEac5wraihCA>

“Self-love is crucial for loving others ... What is love? Love is treating your heart with a great deal of tenderness, with understanding, love, and compassion. If you cannot treat your own heart this way, how can you treat your partner with understanding and love?”

— Thich Nhat Hanh

**PLEASE SHARE THIS ANNOUNCEMENT WITH ANYONE WHO CAN
BENEFIT FROM MORE KINDNESS IN THEIR LIFE!**