MINDFUL SELF-COMPASSION TRAINING COURSE

ONLINE MONDAY EVENINGS STARTING JAN. 11, 2027

--HUGE "EARLY BIRD" DISCOUNT UNTIL JAN 2!--



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

Free Info Session On Monday Jan 4 At 17:30 (ICT, Thailand Time)
(click to register!)

This course teaches concrete, practical skills for daily life that will help you to

1) Support yourself in the same way you support a good friend,
2) respond to difficult moments with kindness and understanding, and
3) become more able to motivate yourself, stand up for yourself and set limits.

This enhanced version of self-compassion training includes 10 sessions:

- 9 core course sessions X 2.5 hours each (23 hours total) on Mondays at 17:30 ICT (Thailand time) starting Monday Jan. 11, *PLUS*
- A 2.5-hour retreat session after the 6th session (see schedule below), *PLUS*
- 24 different practice to develop your inner strengths including guided meditations, skills for daily life and additional Fierce Self-Compassion practices!

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 remarkable, diverse community of participants from across Asia-Pacific, Africa and Europe,
- 🙂 In a friendly and psychologically-safe atmosphere with cameras on,
- 🙂 Led by two of Asia-Pacific's most experienced and skilled teachers of secular mindfulness and self-compassion, Siri Chandler and Ben Weinstein, PhD.

IT'S PROVEN TO HELP!

THE DATA SHOW THAT PRACTICING SELF-COMPASSION MAKES YOU MORE RESILIENT!

More than 3,000 peer-reviewed studies demonstrate that self-compassion is strongly associated with increased emotional wellbeing and resilience in many ways including less anxiety, depression and stress, better maintenance of healthy habits such as diet and exercise, and more satisfying personal relationships. And it's easier than you think. Check out feedback from previous participants!

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

What to Expect: Course size is limited to 22 participants. Activities include guided meditations, short talks, numerous experiential exercises, small group discussions, and home practices. *Please look at this course as an experiential training and not a class.* You'll be actively engaged in each session. The main goal is for participants to directly experience and learn practices that evoke self-compassion in daily life. Participants should plan to attend every session and practice the skills at least 20-30 minutes per day throughout the program.

Mindful Self-Compassion Course Online Schedule: Jan-March, 2027

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?
Mon., Jan. 4	17:30-18:30	***MSC Course Information Session***- this optional free session is a chance to meet the teachers, find out what this is all about and ask questions!
Mon., Jan. 11	17:30-20:30 (3 hours)	MSC Session 1: Introducing MSC (3 hours)
Mon., Jan. 18	17:30-20:00 (2.5 hours)	MSC Session 2: Practicing Mindfulness.
Mon., Jan. 25	17:30-20:00 (2.5 hours)	MSC Session 3: Practicing Kindness
Mon., Feb. 1	17:30-20:00 (2.5 hours)	MSC Session 4: Discovering Your Compassionate Voice
Mon., Feb. 8	17:30-20:00 (2.5 hours)	MSC Session 5: Living Fiercely and Deeply (discovering the fierce side of self-compassion)
Mon., Feb. 15	17:30-20:00 (2.5 hours)	MSC Session 6: Listening Deeply
Mon., Feb. 22	17:30-20:00 (2.5 hours)	Retreat Session: A wonderful opportunity for deeper, concentrated practice together
Mon., March 1	17:30-20:00 (2.5 hours)	MSC Session 7: Strengthening Your Emotional Core (dealing with painful feelings and cultivating joy)
Mon., March 8	17:30-20:00 (2.5 hours)	MSC Session 8: Challenging Relationships & Unmet Needs
Mon., March 15	17:30-20:00 (2.5 hours)	MSC Session 9: Embracing Your Life (final session)

Total = 25 course hours

There will be a 15-minute break in each course session except the retreat.

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.

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Registration Fee: THB 15,000 / USD 450
--Early Bird Discount: THB 11,000 / USD$325 (register and pay on/before 2 Jan 2027)
Your registration supports Local Heroes: The course is limited to 22 participants. We offer 25% of the places in each course at no charge to Local Heroes: members of local communities who are actively serving their communities. So, when you pay the registration fee, you're helping to support this offering!

Meet The Teachers: Ben Weinstein and Siri Chandler are both certified MSC teachers and have been teaching mindfulness and self-compassion for decades. Ben and Siri teach the original, full MSC curriculum and more in this course. Other online MSC courses are abridged and are not the full Self-Compassion 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: please see website.

Not Ready To Register But Want More Info First?
Please join us for a free info session on 4 January at 17:30 ICT (Thailand time) by registering here: https://forms.gle/kuLjquEac5wraihCA

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

PLEASE SHARE THIS ANNOUNCEMENT WITH ANYONE WHO CAN BENEFIT FROM MORE KINDNESS & RESILIENCE!

"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