



# Mindful Self-Compassion

TM

*"If you want others to be happy, practice compassion.*

*If you want to be happy, practice compassion."*

— [Dalai Lama XIV, \*The Art of Happiness\*](#)

**Based on the groundbreaking work of Kristen Neff and Christopher Germer,  
Self-compassion can lead to higher emotional well-being,  
Lower levels of anxiety and depression, and  
More satisfying personal relationships.**

**8-Weeks, Tuesdays, Feb 5 through March 26, 2019, 9:30-Noon**

Integrative Mindfulness

3372 Woods Edge Circle, Suite 102

Bonita Springs, FL 34134

**Includes a Half-Day Retreat, Saturday, March 10, 9:30-1:30 p.m.,  
recorded meditations, and MSC notebook.**

Course fee: \$500

**Up to 25 CEs APA Approved for Psychologists, Dietitians, Social  
Workers, Mental Health Professionals, and Nurses**

**Free Informational Session Jan 29 9:30-10:30 a.m.**

**Please register with Paulette.**



Paulette Grotrian, M.A., Qualified MBSR & MSC Instructor  
Trained with renowned Kristen Neff and Christopher Germer, UCSD  
Founding member, Ann Arbor Center for Mindfulness.

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

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