



Short Course in Mindful Self-Compassion Online

- **Effectively manage stress and anxiety.**
 - **Develop skills to work with difficult emotions.**
- **Learn to live with more ease in daily life.**

Six 75-minute sessions, Sept 14-Oct 19, 2022.

12 Noon-1:15 pm Eastern Time

**The Short Course in Mindful Self-Compassion on Zoom
\$150 fee includes 6 sessions, recorded meditations, and
handouts.**

***\$100 for repeat participants and those with limited
resources.***

**Registration and more information at
www.mindfulnesswithpaulette.weebly.com**



Paulette Grotrian, M.A., UCSD Certified MSC Instructor
Trained with renowned Kristin Neff and Christopher Germer
MBSR Instructor, Trained with Jon Kabat-Zinn and Colleagues
Founding Member, Ann Arbor Center for Mindfulness
Founding Member, Open Mindfulness Meditation

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