

RE-CONNECTING WITH MINDFUL SELF-COMPASSION

Monthly Online Practice Development Sessions

1st Sunday of each month, starting October 4, 2020

Facilitated by Raphael Adjani and Siri Chandler

*Siri and Raphael are wonderful guides on this journey within,
and hold the space with tenderness, care and good humor.
You are in very safe hands.*

- Mel, Previous Course Participant

Description

Re-Connecting with Mindful Self-Compassion (Re-MSC) is an online monthly rolling program to support you to:

- Build on the foundation of your Mindful Self-Compassion practice.
- Continue to develop MSC skills learned in MSC courses and apply them to your daily life.

Re-MSC is open to anyone who has undertaken the full MSC course or an "Introduction to MSC" course, anywhere in the world, with any teacher. You can participate in as many sessions as serve you.

Utilizing the Zoom app, *Re-MSC* is a space to share and learn in a community with supportive friends.

Each Session Provides:

1. Two practices/guided exercises.
2. Exploration of a specific monthly theme drawn from the full MSC course e.g. "Living by Our Core Values".
3. A safe and confidential space for extensive discussion in small mini-groups in the breakout rooms groups; as well as sharing of insights in the group as whole.
4. Sharing of videos, poems and other creative material that can assist MSC understanding.

Re-MSC sessions assume familiarity with MSC material and are not suitable for complete beginners.

Time: 2 hours

Payment: 14 USD via Ticket Melon:

<https://www.ticketmelon.com/remsc/re-connecting-with-mindful-self-compassion>

Requirements

1. Strong and stable Internet connection.
2. Tablet or Laptop or Desktop (Phones are too small).
3. Working in a private space to ensure confidentiality.
4. Physical pen and paper.
5. A reasonable command of the English language.

About Siri Chandler

Siri is an experienced Mindfulness educator - training educators, parents, corporations, athletes, and students of all ages. Her genuineness, kindness and personal experience of the benefits of MSC and MBSR (Mindfulness Based Stress Reduction) infuse her courses with a special personal touch. Siri is an enthusiastic life-long learner, devoting herself to continuously deepening her own practice, cultivated over 25 years. MSC skills and tools have helped her to cope with grief and other life challenges; as well as cultivating joy and wellbeing in daily life. Siri is enthusiastic to share this way of being with others. To learn more about her educational and teaching work visit: www.mindfulnesssth.com/about

About Raphael Adjani

Raphael is an integrative psychotherapist, counsellor, coach, formerly Honorary Program Director of New Life Foundation and lecturer in higher education. Raphael is also an experienced Mindfulness and Compassion focused teacher. They have delivered and facilitated numerous courses, classes and sessions: including for psychiatrists, nurses, other health workers and service users of the British National Health Service (NHS); and eminent UK mental health charity MIND. Raphael's teaching is grounded in over 30 years of contemplative practice and teaching experience: helping people to maximize their holistic creativity. Details at: www.TheDeliciousDelightOfLiving.com

For More Details Contact:

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