

Mindful Self-Compassion

Learning to Better Befriend and Care for Yourself

Online Training Course

Taught by


Raphael Jay Adjani and Siri Chandler

Co-Hosted by

Amaravati Wellness Center, Chiang Mai

&

Seeds and Sunshine, Bangkok



*The course seemed well planned and perfect.
I would particularly recommend it to those
who feel challenged by personal issues and
want to find strategies to live more
positive and balanced lives.*

- Cheryl, Previous Course Participant

Course Schedule

15 Nov – 13 Dec, 2020

Twice a week, Sunday and Wednesday:

- 11:00 - 13:00 (UTC+0): London, Lisbon, Accra
- 18:00 - 20:00 (UTC+7): Bangkok, Jakarta, Hanoi
- 21:00 - 23:00 (UTC+10): Sydney

Price

- Price: 350 USD
- Super Early Bird: 200 USD, pay by 30 September
- Early Bird: 275 USD, pay by 31 October
- 2 Scholarships available

Course Description

- Mindful Self-Compassion (MSC) is an internationally recognized, empirically supported, wellbeing programme.
- In this training course you can: learn practical skills to build resilience; and cultivate sustainable self-care in everyday life.
- We support you clarifying your core values and developing resources to live in tune with them.
- Research shows that Self-Compassion combined with Mindfulness can greatly enhance emotional wellbeing and change the way the brain rewires in response to Life's challenges.
- MSC is evidenced to reduce stress and anxiety.
- This is not primarily a meditation course and no experience of meditation is necessary.
- MSC is based on ground-breaking research of Kristin Neff & the clinical expertise of psychologist Chris Germer: <https://centerformsc.org>

To Sign Up: <https://www.mindfulnessstth.com/msc-registration>

Detailed Course Description

A very well-structured and well-delivered course that manages to impart very powerful exercises and practices in a way that is gentle and not overly prescriptive; rather it is empowering, nourishing and offering practical tools from within oneself to find meaningful new ways to live.

The course embraced participants from a variety of backgrounds and levels of previous experience; and it seemed that everybody who attended had liberating breakthroughs in the areas they were working on.

I'd thoroughly recommend this course to those who are open to working on themselves to discover new ways of living life in a more expansive and fulfilling way.

- Ravi, Previous Course Participant

We teach you:

- 18 informal practical tools.
- 8 guided practices.
- And other resources in an accessible way.

You receive:

- A comprehensive course handbook.
- Links to online guided practices to support you during and after the course.
- A free follow-up consultation.
- Access to a monthly online group, providing on-going community of support to deepen your practice.
- Free access to other MSC community resources.

We work in small groups to maximize group interaction: core to our learning process.

This course offers space for both structured contact with teachers, small group work, alongside space for individual personalized, focused exploration; and application into daily life interactions.

MSC provides a safe space for us to become more caring and kind towards ourselves, while still caring for others.

Successful course completion is a qualifying component to training to become a MSC teacher.

***For me, the participation in this course itself was already a big learning.
I was allowed to not participate when I was unwell, or
could lay down when I was too tired.***

***I have been hard-wired to keep pushing and perform.
To break that pattern and not feel bad about giving myself comfort and space
was actually
the practice of self-compassion.***

- Yuki, Previous Course Participant

Course Details

- Equivalent MSC courses typically range from 400 - 600 USD. Responding to the economic and psychological impact of the Covid-19 pandemic, we offer this course at reduced rates.
- We aim for MSC to be as accessible as possible: supporting people to develop self-sustaining tools in these challenging times.
- There are 2 scholarships for those without the means to pay. Write to us explaining your situation and we will consider it carefully.
- Schedule: November 15, 18, 22, 25, 29; December 2, 6, 9, 13 in Thailand.
- The course is taught online using the [Zoom](#) online meeting platform, which is free to download.
- Sessions last 2 hours with structured breaks.
- You also need 20 minutes a day to practice on your own.
- You will need: a strong, reliable internet connection; access to desktop, laptop or minimum 10 inch tablet – not a phone; a private space to participate in the class to ensure confidentiality; a notepad and pen.
- The course should not be used as a substitute for psychotherapy, medication or other healthcare. If you have any queries in this regard, please discuss with your health professional before applying.

***I deeply appreciated Raphael and Siri's effort:
The course materials are well prepared.
The 2-hour zoom meeting is well structured.***

***And most important, both teachers are knowledgeable yet humble;
and allow lots of space.***

***The course itself offered me a box of tools for
self-compassion practice afterwards.***

- Athena, Previous Course Participant

About Raphael Jay Adjani

Raphael is an integrative psychotherapist, Resident Life Coach at Amaravati and formerly New Life Fdn. Program Director. Raphael is also an educator, including being a mindfulness and compassion focused meditation teacher: helping people, for over 30 years to maximize their holistic creativity: www.TheDeliciousDelightOfLiving.com

About Siri Chandler

Siri is an experienced Mindfulness educator. 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. To learn more about her educational and teaching work visit: www.mindfulnessstth.com/about

About Amaravati Wellness Center

Amaravati is a place for healing, replenishing and regaining energy. Designed with *Vastu Wittaya* architecture amidst peaceful nature, and utilizing holistic Ayurvedic principles, Amravati's harmony between the individual's life and the universe can help you restore balance: <https://www.amaravatiwellness.com>

About Seeds and Sunshine

Seeds and Sunshine is a plant based cafe and community space. Our goal is to build a conscious community of like-minded people, by planting a seed of curiosity through our plant-based food and holistic wellbeing events. Together we can make a difference: <https://seedsnsunshine.com>

***Gifting yourself this course and taking time to understand and learn the
techniques offered in MSC is life changing.***

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

- Mel, Previous Course Participant

To Sign Up: <https://www.mindfulnessstth.com/msc-registration>

For Any Questions, Email Raphael: Raphael@TheDeliciousDelightOfLiving.com