

# Mindful Self-Compassion for GAY MEN

**Worthiness**  
**Acceptance**  
**Self-love**



Learn tools to treat yourself with kindness and understanding

**Location:** Estonian House (Broadview Station)

**Dates:** Thursdays Oct 17-Dec 12, 2019 | 6 - 9 pm  
(Skips Oct 31, 2019)

**Retreat Day:** Nov 24, 2019 | 10 - 1:30 pm

**Facilitator:** Markus Bohlmann, PhD & Trained MSC Teacher

**Contact Info:** [markus.bohlmann@mindfulnesseveryday.org](mailto:markus.bohlmann@mindfulnesseveryday.org)

**More Information:** [markusbohlmann.wordpress.com](http://markusbohlmann.wordpress.com)

*“The more we open to vulnerability,  
the more we open to love” - Tara Brach*

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<http://www.mindfulnesseveryday.org/machform/view.php?id=74559>