



**Sunday June 2, 2019**

**1:00—5:00 pm**

**Fee: \$75**

**Cliffcrest Fitness**

2967 Kingston Rd,  
Scarborough, ON M1M 1P1

**For more information & to register,  
contact Dawn Blessing**

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# Introductory Workshop to Mindfulness and Self-Compassion in Everyday Life With Dawn Blessing, RN,BSN,MSN

**Mindfulness** is the practice of intentionally being present in the moment we are in... being wherever we are—as fully as possible. This practice also includes cultivating kindness and compassion for ourselves and for others.

**Mindfulness and Self-Compassion** are often referred to as ‘two wings of a bird’. Being present...being right where we are, we can practice Self-Compassion as a way of relating to suffering in our lives—with tenderness and a gentle attitude. When we do this, an interesting thing happens...we tend to be more at ease with suffering. It may not disappear—which is what we usually focus on...but really and truly...how often does that work?

In this half-day workshop you will learn how to practice Mindfulness and Self-Compassion and experience for yourself how they may be of benefit to you in your daily life. You will leave with practices and resources that you can use right away—at home, work and even in the midst of busy days and chaos.

## ***What Will We Explore?***

- *Mindfulness and Self-Compassion Practices.*
- *How to stop being so hard on yourself and why this matters.*
- *How to relate to pain, suffering and difficult emotions.*
- *How to improve your relationship with others.*
- *Getting to know your own basic goodness.*

