Aims of the Mindful Self-Compassion Intensive (MSC)

- Learn skills of self-compassion, mindfulness and loving kindness in daily life and formal meditation
- Motivate oneself with kindness rather than criticism
- Heal difficult relationships
- Transform destructive emotions
- Learn how to be present, here now, with kindness

Trainers

Malcolm Huxter is a certified MSC teacher, a Lismore based clinical psychologist and meditation teacher. For more info about Malcolm go to: www.malhuxter.com

Lisa Brown is a MSC teacher in training, a local Psychologist, Mindfulness-based Stress Reduction (MBSR) facilitator and yoga teacher. For more info about Lisa go to: http://mindfulnesspsychologywellbeing.com

For a detailed information sheet about this MSC intensive with more about the teachers go to: https://www.malhuxter.com/mindful-self-compassion-msc/

Over 5 days from Saturday 13th April till Wednesday 17th of April 2019
(3 day weekend option available)
Early Bird until the 13/3/18, 3 Day - $400, 5 Day - $650
After 14/3/18, 3 Day - $450, 5 Day - $690

At Casuarina Steiner School, Gentle Street, Coffs Harbour

Register Online: https://www.malhuxter.com/mindful-self-compassion-msc/
For more information contact Karen Plumbe Course Coordinator
karen@connectionworksastralia.com or phone 0416017372