**Cultivating Self-Compassion**

**with Mindfulness and Meditation**

*facilitated by Lynne Smith*

**Saturday, March 18th**

**10:30 am- 12:30 pm**

$20

Yoga4All Studio, Wales

What is Self-Compassion and why is it important? How can we learn to treat ourselves with the same kindness that we treat a good friend? These questions will be answered as we explore how the practices of mindfulness and meditation can help us bring self-compassion into our daily lives and develop our capacity to respond kindly to our own imperfections and difficult emotions. Self-compassion allows us to make choices that more joyfully serve ourselves and others.

Lynne Smith, CMMT, NP

Certified Meditation and Mindfulness Teacher

Nurse Practitioner

**For more Info and to Register:**

 [www.themindfulnowmeditation.com](http://www.themindfulnowmeditation.com)

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