

# Cultivating Self-Compassion

~ a meditation and practice group ~



In this busy life, we often forget to take care of ourselves, even though self-care is deeply connected to our own happiness and the happiness of those around us. By developing self-compassion, we can strengthen our capacity to abide in an experience as it is, rather than turning away from it. The greater this capacity, the more we are able to be present in each moment, and the more alive and whole we feel. In this eight-week group, we will cultivate self-compassion through meditation, ceremony, group discussion, body-centered practices, chanting, and art. We will also have a day-long retreat. Participants can expect to leave with a variety of tools for practicing self-compassion in their daily lives.

## About the facilitators:

**Jared Michaels** is an MFT intern candidate (supervised by John Prendergast, PhD, MFC# 20305). He trained intensively at San Francisco Zen Center for a decade, and is an ordained Zen priest. He believes that tending to our own well-being is the greatest gift we can give to ourselves and, ultimately, to others.  
[www.jaredmichaels.com](http://www.jaredmichaels.com)

**Lea Seigen Shinraku** is an MFT intern (#IMF61526, supervised by Gail Sher, MFT, #MFC27514). She has had a regular meditation practice for more than 10 years, and she sees self-compassion as one of the most powerful and transformative resources that a person can cultivate.  
[www.leaseigenshinraku.com](http://www.leaseigenshinraku.com)

**When:** Thursdays, 7pm-9pm  
July 7-August 25, 2011  
Retreat: July 31, 2011; 10am-4pm

**Where:** Downtown San Francisco  
near Civic Center BART

**Cost:** \$25 per weekly session  
\$50 for retreat

**Contact:** 415.255.2509

~ Space is Limited ~