



**Mindful Self-Compassion**  
Core Skills



with  
**Markus Bohlmann**  
Certified Mindful Self-Compassion Teacher



## Mindful Self-Compassion Core Skills

[https://mindfulnesseveryday.org/msc-coreskills\\_lp.html](https://mindfulnesseveryday.org/msc-coreskills_lp.html)

with Markus Bohlmann, PhD, Certified Mindful Self-Compassion Teacher

Do you wish:

- to follow your heart?
- learn to be kind to yourself?
- be more loving and understanding of yourself, including your inner critic?

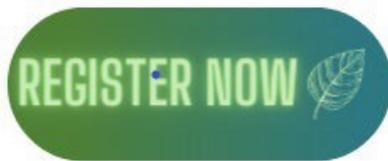
Mindful Self-Compassion (MSC) provides a path to do just that. MSC unfolds on the wings of awareness (of our suffering) and kindness, for it is only when we become aware of our suffering that we can hold ourselves in a loving connected presence.

JOIN me for this special opportunity to experience and learn ways to be kind to yourself and be more loving and understanding of yourself, including your inner critic. This online live course helps you develop the skills and capacity to be with yourself in a befriending, more compassionate way. The course is open to everyone, including those who have been marginalized and oppressed.

Looking forward to guiding you on your journey, Markus

**Weekly Mondays 12 - 2 PM | July 4 - July 25, 2022**

**Fee: \$300 | ME Discount for Staff and Alumni \$250** (use discount code 50OFF)



The course includes 4 online live sessions of 2 hours each and

- Articulates basic theoretical underpinnings of self-compassion
- Develops and applies informal self-compassion practices to challenges of daily life. We learn to prevent caregiver fatigue, handle difficult emotions, align ourselves with our core values and motivate ourselves with kindness rather than criticism
- Builds community through a network of participants so you don't feel alone



In this course you will have the opportunity to:

- Dive into basic evidence-based theory around self-compassion
- Practice how to motivate yourself with kindness rather than self-criticism
- Practice how to be with difficult emotions with more ease
- Develop tools to manage burn out
- Explore what drives you in life and how to embrace your life
- Practice self-compassion in daily life

## Meet Your Facilitator



### **Markus Bohlmann, PhD, Certified Mindful Self-Compassion Teacher**

*"We need to train the heart before we follow it" ~Joseph Goldstein*

Markus Bohlmann, PhD, is a certified teacher of Mindful Self-Compassion through the Center for Mindful Self-Compassion (CMSC). He has had the privilege to train directly with world-renowned mindfulness teachers including Christopher Germer, Kristin Neff, Steve Hickman, Michelle Becker, Zindel Segal, Patricia Rockman, Susan Woods, and Dawn MacDonald.

Markus is the team leader of the 2SLGBTQ+ Affinity Group of the Circles of Practice, a public meditation offering at CMSC. Recently, Markus has also taken on the role of world-wide translation co-ordination with CMSC and is a member of their DEIB committee (Diversity, Equity, Inclusion and Belonging), promoting the inclusion of minorities, especially the 2SLGBTQ+ communities.

Feel free to learn more about Markus at [www.markusbohlmann.com](http://www.markusbohlmann.com) and reach out to Markus at [markus.bohlmann@mindfulnessseveryday.org](mailto:markus.bohlmann@mindfulnessseveryday.org)