



AN INTRODUCTION TO **MINDFUL SELF-COMPASSION**

MARCH 6TH, 13TH, 20TH, & 27TH
TIME: 6:30 – 8:00 P.M.

LOCATION: THE SHENANDOAH IN BOISE'S NORTH END

COST: \$80 FOR FOUR CLASSES

This class is for adults who want to learn basic mindful self-compassion practices. Each class will include guided meditation and opportunity for reflection. Class size is limited to eight so contact Mary or Jillian today!

'People who are compassionate toward their failings and imperfections experience greater well-being than those who repeatedly judge themselves.'

---Kristin Neff

CONTACT: MARY FISH MARYFISHCOUNSELING@GMAIL.COM 208-509-2349 OR
JILLIAN WINTERS JILLIAN@JILLIANWINTERS.COM 208-971-1220