

Fall 2021

Anchoring Ourselves Before the Holiday Whirlwind: A Morning of Self-Compassion

WHEN

Saturday, November 20, 2021
9am - 1pm

WHERE

Online via Zoom

INSTRUCTORS

Bob Gillespie, PhD
Emily Hagenmaier, LCSW



FEE

\$40

Explore a taste of Mindful Self-Compassion (MSC) in a half-day virtual retreat before the holiday season kicks off.

The three core principles of self-compassion will guide our exploration together: mindfulness, common humanity and kindness. The good news is: self-compassion can be learned by anyone - including you. Teachers Bob Gillespie and Emily Hagenmaier bring big heart, pop culture references, depth, and humor to the MSC curriculum. Consider joining us for a morning to care for ourselves with authenticity, warmth, and compassion.

INFO/REGISTRATION

uwhealth.org/mindfulness

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