

# *Self Compassion Workshop*



Wednesday, February 7  
6:00 - 8:00 p.m.



*Self-Compassion is focused on treating ourselves kindly, like we would a good friend, rather than judging our-self with harsh self-criticism. Research shows that self-compassion boosts happiness, reduces anxiety and depression and greatly enhances our emotional well-being. In this class, you'll learn skills and techniques to bring self-compassion into your daily life.*

Class by Jen Strating, Biofeedback Therapist & Yoga Teacher  
At Wholeness Center 2620 East Prospect Rd, Fort Collins

Space is limited. **Register in advance at 970-221-1106 x219**

*Investment is \$45*

*(includes handouts and audio downloads)*