



# MINDFUL SELF-COMPASSION

**Tuesday Evenings 6:15pm-8:45pm  
September 10th - November 12th, 2019  
(No class 10/8 or 10/22)**

**1/2 day retreat Sunday October 20th 9am-1pm**

**Cost: \$525.00  
(a limited number of scholarships are available)**

All are welcome! NO meditation experience is necessary to participate in this course.

Mindful Self-Compassion is designed to offer tools to reduce stress, self-judgement, and criticism and strengthen our innate ability to meet life's challenges with both strength and care. MSC is an 8-week evidence-based program that teaches core principles and practices to enable participants to take a more supportive stance with themselves during difficult moments in their lives. A growing body of research indicates regularly using these practices has been associated with less anxiety and depression, and an improved ability to maintain healthy habits and relationships.

This 8-week course includes: short talks, experiential exercises, meditation, group discussions and home practices. MSC participants are invited to practice at home for up to 30 minutes per day during the course.

**To Register: [www.compassion4self.com](http://www.compassion4self.com)**

**For more information, please contact  
Hannah Hawkins-Esther at:  
(770) 595-4510 or [hannah@hhe-therapy.com](mailto:hannah@hhe-therapy.com)**



**HANNAH  
HAWKINS-ESTHER  
RYT 200, LCSW**

Hannah Hawkins-Esther is excited to offer yoga at Atlanta Center for Wellness. She is a registered yoga teacher, daily meditator, trained Mindful Self-Compassion teacher, psychotherapist and student of life.

Exploring the interconnected ways our body-mind, emotions, spirit and relationships all influence our sense of well-being; Hannah works with clients to support their strengths, explore their challenges and change what they feel needs to be different in their lives. She works with adults, couples, older teens and families, and is dedicated to providing a welcoming space for all humans regardless of race, religion, gender and sexual preference/orientation.



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