

Self Compassion Workshop for Men



Discover the stillwater in your heart



Through guided meditations, self compassion practices, and discussion this daylong workshop will provide an opportunity to learn:

How to reduce internal criticism

Ways to develop a kinder relationship with yourself

Compassionate responses to life's stressors

Friday March 15th, 9:00-4:00

Redwood City

Cost is \$200

Contact Moby Coquillard, LMFT to enroll at mobyrichard@gmail.com or 650-781-6881
www.mobycoquillard.com