

Tuesdays 6:00 p.m. - 8:30 p.m. | March 31 - May 26, 2020 (no class 4/7)
Day of Mindfulness Saturday May 16, 9:00 a.m. - 4:00 p.m.

Strengthening Your Practice:

Deepening your Mindfulness & Compassion Practice



Class description: This class builds on the teachings and practices from the Mindfulness-Based Stress Reduction foundations course and the Mindful Self Compassion course and is designed to support you in strengthening your mindfulness and compassion practice. Topics to be explored include: impermanence, working with difficult emotions, physical discomfort and pain; self-compassion and lovingkindness practice; interpersonal mindfulness; and deepening practice in everyday life.

Who should attend? Individuals who have completed an 8-week Mindfulness-Based Stress Reduction class, an 8-week Mindful Self-Compassion class, or those who have an established mindfulness practice.

Location: 864 W. South Boulder Road | Louisville, CO 80027

Investment: \$560 (Early bird rate: \$510, if register by March 16, 2020)

For more information or to register: www.jeanleonardphd.com/events, jeanleonardphd@gmail.com or 303-868-5881



Jean Leonard, Ph.D. is a licensed psychologist and Certified MSC teacher in private practice in Louisville. She has practiced yoga for over 25 years and vipassana meditation since 2003, and teaches Mindfulness-Based Stress Reduction and Mindful Self-Compassion classes and other mindfulness workshops throughout Colorado, and is a mentor in Jack Kornfield's and Tara Brach's Mindfulness Meditation Teacher Certification Program, supporting students' development as meditation teachers.