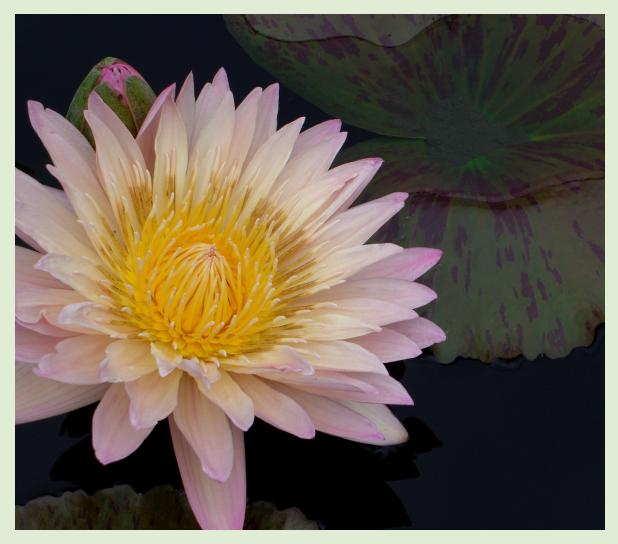
Tuesdays 6:00 p.m. - 8:30 p.m. | March 31 - May 26, 2020 (*no class 4/7*) Day of Mindfulness Saturday May 16, 9:00 a.m. - 4:00 p.m.

## 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: <u>www.jeanleonardphd.com/events</u>, <u>jeanleonardphd@gmail.com</u> 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.