



Mindfulness and Self-Compassion Training Two 8-week Courses in Wenatchee this Fall

Mindfulness-Based Stress Reduction (MBSR) Course is a scientifically proven mindfulness training program that helps us live more fully in the present moment with skill and ease, facing good times and bad with more awareness and easier access to our inner resources. Benefits may include:

- Greater emotional balance, reduced reactivity and overwhelm
- Reduced depression and anxiety
- Greater ease and well-being in our daily lives

Mindful Self-Compassion (MSC) Course is an evidence-based class that teaches us how to respond to difficult thoughts, feelings and situations with kindness and understanding. We learn to recognize what we need in any given moment, and how to offer it to ourselves. Benefits may include:

- Enhanced emotional well-being
- Reduced anxiety and/or depression
- Greater ease and well-being in our daily lives

26 CE Credits
available for MSC

When: **MBSR: Thursday evenings**, 6 – 8:30 pm, Jan 17th - March 14th, with an extended day Saturday, March 2nd, 9 am – 4 pm.

MSC: Friday mornings, 9:15 am–12 Noon, Jan 18th - March 15th, with an extended day Sunday, March 3rd, 9 am – 2 pm.

Where: Wenatchee Community Center – Veteran’s Hall
504 S. Chelan Avenue, Wenatchee, WA

How Much: Sliding scale fee \$290-\$450. Scholarships available.

What’s Included: Information on the science behind mindfulness & self-compassion, in-class meditation practices & discussions, guided practice recordings for ongoing home use, plus an extensive 70 page workbook.



Your Instructor:
Oori Silberstein has been a lifelong student of what makes us happier and more at ease. Oori teaches meditation, mindfulness and self-kindness to adults and teenagers. His style is light and playful, and is informed by the belief that we are all whole and have the innate capacity for deep contentment and happiness, but we sometimes need support accessing it. He has a background in trauma and grief support and has worked and taught in schools and hospitals.

“I wish I had learned this a long time ago. It’s made my life easier and I am happier in general.”

“Quite helpful and practical... I feel like I had a reboot of my being.” - Quotes From Class Participants

For More information and to Register:

<https://www.mindfulnessnorthwest.com/wenatchee>

Questions? Contact Oori at Mindfulness Northwest at 360-830-6439 ext. 701 or

oori@mindfulnessnorthwest.com

Class size is limited. Registration required.



Mindfulness Northwest
www.MindfulnessNorthwest.org