

Self-Compassion and Emotional Resilience



A workshop with Kristin Neff, PhD

May 21, 2016

10 am- 5 pm

Still Waters Retreat Center

9409 Granada Hills Drive, Austin, TX 78737

Cost: \$195

A benefit for the Margaret Austin Center

Pre-registration required

Register online at [here](#)

Or mail in the form on page 3 with payment

Workshop Description

Self-compassion involves treating ourselves kindly, like we would a good friend we cared about. Rather than continually judging and evaluating ourselves, self-compassion involves generating kindness toward ourselves as imperfect humans, and learning to be present with the inevitable struggles of life with greater ease. It motivates us to make needed changes in our lives not because we're worthless or inadequate, but because we care about ourselves and want to lessen our suffering. This workshop will provide simple tools for responding in a kind, compassionate way whenever we are experiencing painful emotions. We all want to avoid pain, but letting it in—and responding compassionately to our own imperfections without harsh self-condemnation—are essential steps toward living happier, more fulfilling lives. Through discussion, meditation, and experiential exercises, you will gain practical skills to help bring self-compassion into your daily life. You will learn how to stop being so hard on yourself; handle difficult emotions with greater ease; and motivate yourself with kindness rather than criticism. Practices will also be introduced to help ease stress for caregivers. This course is relevant for the general public as well as to practicing mental health professionals.

Bio

Kristin Neff, PhD, received her doctorate in Human Development from the University of California at Berkeley in 1997. She is currently an Associate Professor of Human Development and Culture at the University of Texas at Austin. She is a pioneer in the field of self-compassion research, conducting the first empirical studies on self-compassion over a decade ago. In addition to writing numerous academic articles on the topic, she is author of the book "Self-Compassion," released by William Morrow in 2011. Kristin's work has received extensive media coverage, including the New York Times, MSNBC, National Public Radio, Reader's Digest, and Psychology Today. She

offers workshops on self-compassion worldwide, and has developed an eight-week program to help people learn to be more self-compassionate in daily life. Information on self-compassion - including videos, guided meditations, exercises, research articles, and a way to test your own self-compassion level – is available at www.self-compassion.org. Kristin is also featured in the bestselling book and award-winning documentary *The Horse Boy* (www.horseboyworld.com), which chronicles her family's journey to Mongolia where they trekked on horseback to find healing for her autistic son. Kristin's work is the feature article in *Austin Woman* magazine's February issue at <http://www.austinwomanmagazine.com>. You can also view her TEDX talk at <https://www.youtube.com/watch?v=lvTZBUSplr4>

Lunch

A delicious vegetarian lunch, including gluten-free options, provided by Kelly Ritter, Chef. We recommend you bring a hat, sunscreen, a water bottle and good walking shoes so that you might enjoy the grounds during breaks or lunch.

Margaret Austin Center

The workshop is a benefit for the [Margaret Austin Center](http://www.margaret-austin-center.org), a non-profit rural retreat center. The Center was established to provide a quiet and inexpensive setting for spiritual, educational or healing retreats in the rolling hills outside Chappell Hill, Texas. Originally the vacation home of Margaret Austin, the Center has welcomed retreat groups since 1980. After Margaret's death in 1992, the Center began operating as a 501 C3 non-profit organization. The goal remains the same: to provide hospitality to people from every walk of life, to give all guests the opportunity to explore their chosen path, to experience the open countryside, and to relax and renew their spirits. This is Margaret's legacy. Since the 1980s, Texas insight meditation groups have been holding retreats at the Center.

Because the fee for this workshop is the fair market value, no part of the fee is tax-deductible. If you wish to make a tax-deductible donation to the Center, please go to www.macenter.org

How to Register

Online [here](#).

Mail in the attached form on page 3 with a check.

MAIL IN REGISTRATION FOR
“Self-Compassion and Emotional Resilience”
A workshop with Kristin Neff

If registering by mail, send this form and a check for \$195 payable to "Mariposa Sangha" to:

Connie Shortes
3412 Westside Cove
Austin, Tx 78731

Registration Form

Name: _____

Email: _____

Phone: _____

City: _____

State and zip code: _____

Amount paid: _____

Do you wish to be added to Kristin Neff's email list:

Yes No

Food sensitivities (circle all that apply):

No gluten No dairy No nuts No soy