



## CREATING A COMPASSIONATE LIFE

A DAY LONG RETREAT: OCTOBER 6, 2018

*“Let go of who you think you should be in order to be who you are. Be imperfect and have compassion for yourself.” – Brene’ Brown*

If you have too many moments of being hard on yourself, are overcome by shame, or overwhelmed by the harshness of the world, this day of mindful attentiveness, guided meditations and experiential practices can deepen your capacity for living each day with more kindness towards yourself and others.

Research has shown that self-compassion is associated with increased life satisfaction; greater personal initiative to make needed changes and alleviation of emotional pain. The day will introduce you to practices that foster mindfulness, self-compassion and self-forgiveness and help you identify how to help these practices grow into an integral part of how you live your life.

The retreat will take place on Saturday, October 6 from 10:00am to 4:30pm, at The Farm on Jennings Road, 6900 Jennings Road, Ann Arbor, 48105. The cost of the retreat is \$90 and includes all materials.

Anita Rubin-Meiller is a licensed clinical social worker in private practice. She has created and facilitated groups for addiction recovery; sexual trauma survivors; women in midlife; and those on a path of self-discovery. Anita’s work with mindful self-compassion is based on the research and teachings of Kristen Neff, Ph.D; Christopher Germer, Ph.D.; Paul Gilbert, Ph.D; and others.

For more information, or to register, please contact Anita at 734-332-0669; or [anita1018@sbcglobal.net](mailto:anita1018@sbcglobal.net). Please register by September 28<sup>th</sup>.