

Spend 6 days in the beautiful Peak District learning the skills of Mindful Self-Compassion with Certified MSC Teacher Shad Woolgrove and Accredited Mindfulness Teacher Julia Fell.

During the course you will learn how to stop being hard on yourself, instead starting to motivate yourself with kindness rather than criticism. The course will support you in handling difficult emotions and transform challenging relationships. You will also learn to manage caregiver fatigue and to appreciate yourself and savour everyday experiences.

The course starts on Sunday 2 July at 4pm and ends after lunch on Friday 7 July. Accommodation is in single rooms and the fee includes all materials and 3 meals a day. The cost is £600; the first 5 reservations will be allocated one of the en-suite rooms. A deposit of £100 will secure your place and the balance paid by 2 May 2023. If you have a friend that you would like to share a room with each of you will receive a £50 reduction.

For further information and to book a place contact [shadwoolgrove@btinternet.com](mailto:shadwoolgrove@btinternet.com) or telephone 07986 968 446 (mobile) or 0114 268 2838 (landline).

More information about MSC at [www.centerformsc.org](http://www.centerformsc.org) and the venue at [www.thenightingalecentre.org.uk](http://www.thenightingalecentre.org.uk)