

Self-Compassion Training

Self-Compassion feels like coming home to a world that we have always wanted: accepting, attuned – a world of warmth in and for ourselves. We will practice opening to pain and courage as we meet our internal difficulties with steadfastness and love.

This training teaches and models skills for a full, compassionate self-relationship, including disengaging from the Inner Critic, and mindfulness. These skills are demonstrated to improve self-compassion. Activities include small group sharing, psychological inquiry, meditation, chanting, somatic awareness, and enjoying our own goodness!

Saturday and Sunday, June 10 and 11, 10:00 to 5:00

Monday, June 19, 6:30 to 9:00

Beautiful Location in Ashland, Oregon 97520

Cost is \$200

Pre-registration required Contact Natasha Vilas @ 541-292-9566

"This is the most powerful workshop I've ever taken to help me accept all of who I am."

"The more I did the homework the more I found a resting place, a support for my inflamed emotions. When I had practiced the skills, I was more aware of the control I have of managing intense emotions. Awareness of the Inner Critic's presence and how to deal with it was a relief."

--Self-Compassion Training Participants, 2017

Natasha Vilas Ph.D. is a depth psychologist whose passion is self-awareness and self-understanding and how we can turn towards ourselves and our pain with kindness and empathy.

Andy Bayliss is a Life Coach who teaches self-empathy, awareness, and Inner Critic work to support personal unfoldment and pain relief, based on 20 years of inner work.

Andy and Natasha are long-term friends who have journeyed through this territory together for years finding humor, acceptance and tenderness along the way.

Andy Bayliss: tmspainrelief.com

Natasha Vilas: natashavilas.com