Self-Compassion Training

We are uniquely qualified to give ourselves what we have always wished for from another. 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 loving self-talk, 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! It is our hope that participants will continue to utilize the practices after the training is complete, to further deepen their self-awareness and self-compassion.

Saturday and Sunday, February 4 and 5, 10:00 to 5:00
Monday, February 27, 6:30 to 9:00

Beautiful Ashland Location

Cost is $200

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

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. She has a private practice in Ashland.

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. His passion is enjoying his tender heart and this precious human life.

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**