

4 Week Self-Compassion and Mindful Movement Series



This four week series provides participants with an understanding of self compassion and its many mental health benefits. Each session is designed to support practitioners on how to use self compassion to manage stress and promote well-being. Participants will come away with practices to increase self acceptance and emotional resilience in their daily lives. Each session includes a presentation followed by a mindful movement yoga flow.

**Thursdays for 4 Weeks
February 6 - February 27
5:00 to 5:45 PM**

via Zoom

**Caitlin Green, Certified Yoga
Instructor and Life Coach**

**[Register here](#)
by February 3**

**Free to all employees
and spouses!**

