

Compassion Cultivation Training

- When** Thursdays
July 7 – Aug 25, 2016
6:00 – 8:00 PM
- Where** The Center for Child &
Family Well-Being
3903 Brooklyn Ave NE
- Cost** \$275.00 (income-
reduced fee available)
- Contact** mindful@uw.edu



This eight-week course is designed to enhance the qualities of strength, courage, and resilience. Each week, we learn how to integrate meditation into our urban, busy lives. Through in-class interaction, we pause and reassess the business -and meaning- of our lives. Scientific research and contemporary psychology on compassion reconnect us to our innate compassion and inform a more mindful state of mind. We engage in group exercises and discussions to seek ways to let our empathy arise without feeling overwhelmed.

This program was developed at Stanford University Medical School's Center for Compassion and Altruism Research and Education.



Led by Maya Nader, a certified
Compassion Cultivation Training
Instructor by Stanford University

Register: mindful@uw.edu

Notes: 16 credit hours available



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