

Mindful Self-Compassion

An 8-week class with Jean Leonard, Ph.D. & Jo-Lynn Park, M.A.

Learn to turn toward yourself...

with more kindness
understanding
and care

FREE Introductory Session

Monday January 26, 2026

5:30 - 7:00 p.m.

**February 2 -
April 6, 2026**

(no class 3/9 or 3/23)

Mondays : 5:30 - 8:15 p.m.

March 14: Day of Mindfulness

9:00 a.m. – 1:00 p.m.

To register or for more info visit:

www.jeanleonardphd.com/events

Or contact:

Jean Leonard, 303-868-5881

jeanleonardphd@gmail.com

Investment: FREE

Location

Naropa University,
Arapahoe Campus - Boulder, CO

Mindful Self-Compassion

is an 8-week class designed to cultivate the skill of self-compassion. Based on the work of Kristin Neff, Christopher Germer, and the UCSD mindfulness center, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with self kindness, mindful awareness, and a deep understanding that suffering is part of our common humanity. Program activities include meditation, short talks, experiential exercises, group discussion, and home practices. The goal is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life.

Teachers:

Jean Leonard, Ph.D. is a licensed psychologist, Buddhist Eco-chaplain, and certified MSC teacher in private practice in Louisville. In her teaching and mindfulness-informed therapeutic work, she supports individuals through sacred accompaniment in befriending themselves and the circumstances of their lives with more gentleness, grace and good humor.

Jo-Lynn Park, M.A. is the Director of Wellbeing and Resilience for Naropa University, where she has offered wellness practices since 2015. She has been a student of Mindful Self-Compassion since 2019, and is in a Teacher Training process. Jo-Lynn is passionate about sharing the tools of mindfulness, self-compassion as they are simple and profound practices that uplift personal and collective thriving.

