

MINDFUL SELF-COMPASSION
Offered by Jean Leonard, Ph.D., LLC

GENERAL INFORMATION

Class Details

February 2 – April 6, 2025 (no class 3/9 or 3/23)

Mondays | 5:30 p.m. – 8:15 p.m.

Day of Mindfulness: Saturday March 14, 9:00 a.m. - 1:00 p.m.

Offered at Naropa University, Arapahoe Campus
6287 Arapahoe Ave, Boulder, CO, 80302
Lincoln Room 4130

Teachers Contact Information

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Class Overview

Mindful Self-Compassion (MSC) is an 8-week class designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristin Neff and the clinical expertise of Christopher Germer, 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. The goal is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life.

What to Wear/Bring to Class

Wear comfortable clothes that you can easily move in. Please bring a pen and journal to class for reflection exercises. Chairs, yoga mats, cushions and blankets are available, but if you have particular props that you know support your comfort in sitting or lying on the floor, please bring those with you.

Commitment/If You Have to Miss a Class

Attendance at all sessions is expected. You are encouraged to practice between sessions and will be offered guided practices to support you in incorporating self-compassion into daily life. If you have to miss a session, please contact an instructor ahead of time, if possible. Please be on time for group. If you have to be late to a session, please come in and quietly join the group.

Additional Group Guidelines

Although people bring personal issues to class, MSC is not group therapy. It is a group learning experience, in which we focus on bringing mindfulness and compassion to life's problems and challenges. Please consider an individual conversation with one of the class instructors if any of the following factors are concerns for you: intense anger, severe depression, suicidal thoughts, a serious psychological or medical condition, previous psychiatric hospitalization, and/or excessive use of alcohol and/or recreational drugs. We can help you determine if the timing of this class is right for you.