



Compassionate Self-Care Through Mindfulness

Releasing Stress, Increasing resilience.

“... and then the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.” ~ Anais Nin

December can be an especially stressful month for many people. This season, give yourself the valuable gift of connecting with your inner peace by learning radical self-care practices to release stress and increase resilience, from the inside out.

Designed and led by Amy Bloom Connolly, M.S., a master teacher with over four decades of professional experience, these programs address the stresses we face in today's fast-paced world. Amy's work is adapted from Dr. Jon Kabat-Zinn's Mindfulness-based Stress Reduction Program, and Dr. Kristin Neff's Mindful Self-Compassion work. She is a Senior Mentor at the Insight Meditation Community of Washington, and works to bring mindfulness to families who are homeless in Baltimore's inner city.

December 6 & 13th ~ 6:30-8:30 pm ~ \$100 investment in your well-being.

This two-session program will help you strengthen your self-care during the dark winter months as we practice and discuss:

- *Doing less and being more*
- *Self-calming during hectic holiday times*
- *Befriending yourself*

Contact Amy at abcshines@gmail.com or 410.978.3380 to register. Space is limited.