



Learn Mindful Self-Compassion at the beautiful Mana Retreat Center, Coromandel, New Zealand October 15-20, 2023

Mindful Self-Compassion (MSC) combines the skills of mindfulness and self-compassion to enhance emotional wellbeing. MSC, developed by Drs Kristen Neff and Christopher Germer, uses meditations, exercises, and experiential activities to help us become less critical of ourselves and more open to all that life has to offer. We learn to become our own best ally and friend.

Self-compassion can be learned by anyone. It's a courageous mental attitude that stands up to harm, including the tendency towards self-criticism, isolation, and rumination when things go wrong. Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, forgive ourselves, and respond to ourselves and others with care and respect.

Rapidly expanding research has demonstrated that self-compassion enhances emotional well-being, reduces anxiety, depression and stress, increases motivation, and improves personal relationships.

What the retreat includes:

- The full MSC Programme taught over 5 days (fulfilling the pre-requisite for MSC Teacher Training)
- Delicious meals
- Exclusive use of Mana Retreat Center and facilities, including spa treatments
- Yoga and Chi-Qigong classes
- Optional evening activities with the creative arts to extend the learning of the day.

[Register at Mana Retreat Centre Website>>](#)



Dr Anna Friis Ph is a health psychologist working in private practice in Auckland New Zealand, with a particular focus on mindfulness and compassion-oriented therapy. Following a high-paced corporate career, she has a particular interest in helping people find balance, ease and joy within their lives and workplaces. Anna has a PhD in Health Psychology from the University of Auckland, during which she created new scientific knowledge of the mental and physical health effects of self-compassion among diabetes patients. Her work has been published in several leading endocrinology journals.



Mara Elwood, MA CAT, AThR is a creative arts therapist with a private practice in Lyall Bay, Wellington. She has been a mindfulness practitioner for over 20 years and has experience with Mindfulness-Based Stress Reduction (MBSR), Transcendental Meditation, Non-Violent Communication (NVC), Focusing-Oriented Arts Therapy (FOAT), Nature-Based Expressive Arts, Soul Collage, Open Studio Process (OSP) and Mandala Assessment Research Instrument (MARI). Mara calls herself an insatiable creative. She also brings her MSC and creative arts practice and training together for deepening the MSC learning during the retreats she leads. No artistic skill or training is required, and all materials are supplied.