



Media Release

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Learn to be more gentle to yourself with self-compassion and mindfulness workshop

Do you know what your inner voice is saying, and if so, do you know how to listen to it with compassion and gentleness? Mindfulness is all about listening to your inner truth even when those thoughts and feelings are difficult, and is something you can develop with practice. Self-compassion takes it a step further, allowing you to respond to that truth with kindness and gentleness for yourself.

If you feel like you are struggling or simply want to learn more about mindfulness and self-compassion, join life coach and mindfulness facilitator Susan Young in a 90-minute online workshop Mar. 21 from 7 to 8:30 p.m. Learn the three basic elements of self-compassion, practice a guided meditation together and ask any questions you may have.

“Mindfulness and self-compassion are essential to our wellness, but remembering these components of wellness are especially important after these last two years,” said Jake Miller, Librarian, Adult Programming. “Having Susan Young lead a session on this topic will help keep them front and centre in our lives.”

The program is limited to 20 registrants. Register online at <https://calendar.kfpl.ca/event/6019600> or call your local KFPL branch.

Young is experienced in this field, falling in love with mindfulness over 25 years ago. She brings her personal healing journey, professional skills and many tools to guide people through change. For more about Young, check out her [website](#).

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