

Developing Self-Compassion and  
Deepening Self-Love  
8 week Group Starting March 7, 2018



Many of us never learned self-compassion or about self-love. Some of us learned about it, but for various reasons, struggle to apply it to our own lives.

**This group is about practicing self-acceptance. Not trying to be someone else. Accepting our imperfections, opening our heart to what is, and to living a fuller life filled with hope, love, and joy. These qualities are all within your reach - not outside yourself, but inside.**

Are you ready for this journey?  
Are you ready for change?

Releasing self-judgement is a critical key for self-love and happiness. We will explore these key concepts through experiential activities such as Kundalini Yoga, Creative Writing and creative arts, meditation and guided imagery to expand your capacity to live more fully.

**WHEN:**

**March 7- , 2018**

Wednesdays from 6:30 - 8 pm

**WHERE:**

Integrated Psychotherapy  
31 Hastings Street  
Mendon, MA 01756

**FEE: \$ 170**

**REGISTER:**

[www.IntegratedPsychotherapy.com](http://www.IntegratedPsychotherapy.com)  
(under groups/workshops)

**Facilitator:**

Sherri Snyder-Roche is a licensed mental health counselor with 30 years of experience. She is also a Certified Kundalini Yoga Teacher. She brings humor, depth, and heart to every group and workshop.

**Integrated Psychotherapy**

31 Hastings Street Mendon MA 01756 PH: 508.473.1200  
[www.IntegratedPsychotherapy.com](http://www.IntegratedPsychotherapy.com)