



Mindful Self-Compassion



8-WEEK COURSE



Cultivate kindness toward yourself, build emotional resilience, and respond to life's challenges with greater care.



FOR WHO:

Adults of all backgrounds, including professionals, caregivers, educators, healthcare providers, and anyone seeking greater emotional balance and well-being. No prior meditation experience required.



WHERE:

Virtual

WHEN:

Tuesdays, 10:00 am - 12:00 pm | August 4 -September 22, 2026

COURSE FEE:

\$250 (limited scholarships available)



ABOUT THE COURSE:

An evidence-based 8-week program that teaches practical skills to cultivate self-compassion, emotional resilience, and well-being.

You'll learn how to:

- Respond to difficult emotions with greater kindness
- Manage stress more effectively
- Reduce self-criticism
- Strengthen resilience and healthy relationships



MEET YOUR TEACHER:

Vira Salzburn, MSM, CAPM is the Director of Impact at The Mediation Center of the Coastal Empire and an experienced Mindful Self-Compassion Trained Teacher. Vira uses a trauma-informed, strengths-based approach to create a warm, supportive learning environment. *For questions, please contact vsalzburn@mediationsavannah.com.*

Register Today!
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