



Mindfulness and Compassion Workshop

Thursday February 2nd, 2017

10:00am – 11:00am

Conference Room 1301

**Make 2017 the year of mindfulness, self-care, and compassion.
Join us for a Free Introductory Workshop.**

Meeting our own well-being and health with greater care and kindness is possible! In this workshop you will learn **what mindfulness and compassion are, why they are good for you and how you can practice them.** There is a growing research that mindfulness and compassion boost mood, reduce anxiety and depression, and increase resilience. In this workshop we will introduce you to skills that you can add to your daily resilience tool kit.

If you want to be happy, practice compassion. If you want others to be happy, practice compassion.

- His Holiness the Dalai Lama

This workshop is a prelude to our four week program, developed by The Jha Lab at the University of Miami. It is available to individuals with cancer and their loved ones at any stage, from diagnosis through survivorship.

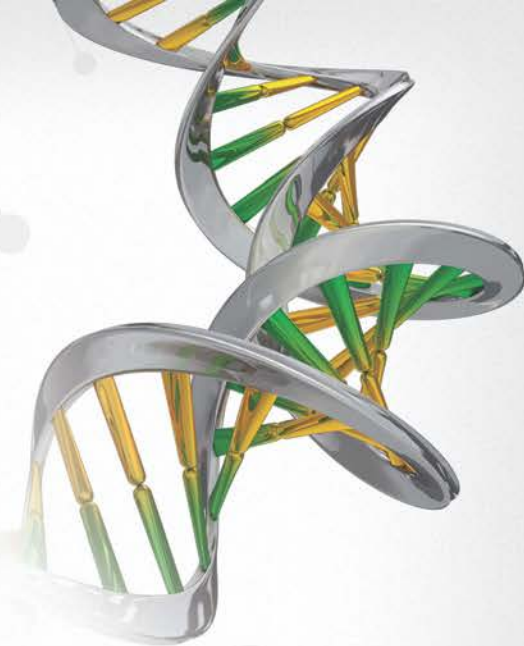
For more information and to RSVP please email: MindBodyWellness@miami.edu

Sylvester Cancer Center
1475 NW 12th Avenue, Miami, FL 33136



Sylvester.org

Meet the Instructors



Scott Rogers

Co-Founder and Director of Programs and Training of the UMindfulness Initiative

Scott Rogers is founder and director of the University of Miami School of Law's Mindfulness in Law Program and cofounder of UMindfulness, the University of Miami's Mindfulness Research and Practice Initiative. A nationally recognized leader in innovative and accessible mindfulness training for high performance, he is author of several books, including *The Six-Minute Solution: A Mindfulness Primer for Lawyers*.



Maria Paula Jimenez

Assistant Director of Programs and Training of the UMindfulness Initiative

Maria Paula is a Certified Compassion Cultivation Teacher by the Center for Compassion and Altruism and Research and Education (CCARE) at Stanford's School of Medicine. She has trained over 700 people in Colombia, Chile, Mexico, and Spain. She is currently a Mindfulness and Compassion Trainer in the Laboratory of Dr. Amishi Jha. In Colombia she had a private practice for five years where she integrated psychotherapy with a contemplative approach.

