



When faced with difficulty and stress, we can meet life with steadiness and respond from a place of courage and resilience.

Stress and struggle are a natural part of life. We train people and groups to move through life and its challenges with a steady mind, from a place of connection and inner strength.

## What does Compassion Cultivation Training (CCT) look like?

CCT is an 8-week course, including:

- Weekly 2-hour class, with lectures, discussions, & in-class interactive exercises
- Daily meditation practices that progress from week to week
- “Homework” to help you move new practices into long term habits

## What effects can I expect?

While everyone will have their own unique experience, research has shown CCT can lead to:

- Happiness
- Calmness
- Acceptance of emotions as they are
- Self-acceptance
- Job satisfaction
- Self-caring behavior
- Compassion for self and others
- Openness to receiving compassion from others

## The 8-week CCT journey

- Week 1** Steady & calm the mind
- Week 2** Loving-kindness & compassion for a loved one
- Week 3** Compassion for oneself
- Week 4** Loving-kindness for oneself
- Week 5** Common humanity & developing appreciation for others
- Week 6** Compassion for others
- Week 7** Active compassion practice
- Week 8** Integrated daily compassion cultivation practice

## Course Details

**Date:** Every Monday March 22, 2021 to May 10, 2021

**Time:** 11:00 am - 1:00 pm

**Location:** Zoom meeting: link will be sent following registration

**Fee:** \$45

**Register:** On-line or by mail

**Website:** <http://www.adaptivepevmcsc.org>

**General Information:** (650) 368-7732



**Arlene McCarthy, PT, DPT** is a board-certified neurological physical therapist, yoga instructor, and certified as a Compassion Cultivation Instructor by the Compassion Institute. She has extensive experience with individuals who have impaired mobility and their families and caregivers. Compassion Cultivation training has made a significant impact on her work and life.