

The Neuroscience and Spirituality of Self-Compassion Retreat

with Anne Kertz Kernion

Saturday, October 3, 2020

9:30 am to 12:00 pm (ET)

The Women's Table is proud to present an online Zoom retreat with Anne Kertz Kernion. She will draw upon recent findings in neuroscience and psychology, illuminating self-care and spiritual practices that nurture gentleness, kindness and patience towards ourselves. These practices help us manage the grief and uncertainty we are feeling during this pandemic. Far from being self-centered or selfish, we can generate deeper care for ourselves, thereby enhancing our relationships and our ability to attend to others. Helpful tips and exercises on how to practice Self-Compassion will be included throughout the retreat. You'll also discover that being compassionate towards ourselves helps reduce stress and inflammation while slowing aging in our cells and our brains.

A free-will donation to The Women's Table is welcome but not required.

To register, please email Linda Boothroyd at linda.boothroyd@csjboston.org

RSVP deadline: September 21, 2020. Registrants for this event will receive a Zoom link to access the retreat. Those not familiar with Zoom, please contact The Women's Table; we will provide helpful tips to familiarize you with this tool.



Anne is the owner/artist of Cards by Anne, an inspirational greeting card company founded in 1986. Her book, *A Year of Spiritual Companionship* was published by SkyLight Paths in 2016. Her next book, *Spiritual practices for the Brain: Caring for Body, Mind and Soul*, will be published in October, 2020 by Loyola Press. Anne is a frequent lecturer and retreat leader in the US and Australia. She and her husband, Jack, live in Wexford, PA and have three grown children and six grandchildren.