



Mindfulness & Compassion Resources

- **Check out the Mud & Lotus Wellness website for resources and events:**
www.mudandlotuswellness.com
- **5 Myths of Self-Compassion:**
https://www.letchworthcentre.org/wp-content/uploads/2016/02/The_5_Myths_of_Self.pdf
- **Mindful Self-Compassion - Kristin Neff's & Chris Germer's website:**
 - <https://self-compassion.org>
 - <https://chrisgermer.com>
- **Rick Hanson (PhD) website:**
<https://www.rickhanson.net>
- **Tania Singer and Compassion e-book:**
 - <https://tanasinger.de>
 - <http://www.compassion-training.org/?page=download&lang=en>
- **Compassion Cultivation Training - Thupten Jinpa website:**
<https://www.compassioninstitute.com/teachers/dr-thupten-jinpa/>
- **Ruth King - Teachings for Uncertain Times:**
<https://tricycle.org/trikedaily/ruth-king-uncertain-times/>

For more information please visit our website www.mudandlotuswellness.ca

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