



Circle of Self-Compassion for Mothers

www.breathingwithme.com

I am a mother. Since their arrival, children have been the most important people in my life and their wellbeing has been my top priority. And the going has been tough. Growing up in the digital age is nothing like what we have seen or experienced before. The mundane and sacred task of parenting has felt paradoxically confusing and challenging in an era where information and resources are seemingly abundant at our fingertips.

My journey of being a mother has been the most humbling experience of my life and self-compassion is the most precious gift I have received from this journey. When nothing else seems to help me make sense in those heart wrenching moments, compassion saves me, again and again.

The circle of self-compassion for mothers is my way of honoring my journey and loving myself, and honouring the journeys of all mothers and loving all of us. Join me.

Duration: 45 minutes

- 1) Greetings and 5 min of soft landing in silence to welcome ourselves into this space.
- 2) 5 - 10 min check-in and sharing of intentions.
- 3) 20 min of practice - sitting, writing or any other forms of practice that feel supportive.
- 4) 10 min of optional sharing and ending.

Both mothers and fathers are welcome! By joining the circle, we agree with the [community agreements](#). For more information on writing as a practice, you may refer to [this](#).

Email me to join smallfish1975@gmail.com