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 Wednesday from March 18, 2020 to May 6, 2020
**Time:** 7pm - 9pm
**Location:** Veterans Memorial Senior Center
1455 Madison Avenue, Redwood City, CA 94062
**Fee:** No Charge - Sponsored by a grant from the National Parkinson's Foundation through the Adaptive Physical Education Program

**Register:** Call (650) 368-7732
**Website:** www.adaptivepevmsc.org

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.