

Mindful Self Compassion Course Time Table

Date	Session	Vancouver (PT)	California	Eastern	GMT (London)
Sep 26	Session 1 - Introduction to Mindful Self-Compassion	9:00–11:00 am PDT	9:00–11:00 am PDT	12:00–2:00 pm EDT	5:00–7:00 pm BST
Oct 3	Session 2 - Practicing Mindfulness	9:00–11:00 am PDT	9:00–11:00 am PDT	12:00–2:00 pm EDT	5:00–7:00 pm BST
Oct 10	Session 3 - Practicing Kindness	9:00–11:00 am PDT	9:00–11:00 am PDT	12:00–2:00 pm EDT	5:00–7:00 pm BST
Oct 17	Session 4 - Discovering Your Compassionate Voice	9:00–11:00 am PDT	9:00–11:00 am PDT	12:00–2:00 pm EDT	5:00–7:00 pm BST
Oct 24	Retreat	9:00–11:30 am PDT	9:00–11:30 am PDT	12:00–2:30 pm EDT	5:00–7:30 pm BST
Oct 31	Session 5 - Living Deeply	9:00–11:00 am PDT	9:00–11:00 am PDT	12:00–2:00 pm EDT	4:00–6:00 pm GMT
Nov 7	Session 6 - Meeting Difficult Emotions	9:00–11:00 am PDT	8:00–10:00 am PST*	11:00 am–1:00 pm EST*	4:00–6:00 pm GMT
Nov 14	Session 7 - Exploring Challenging Relationships	9:00–11:00 am PDT	8:00–10:00 am PST	11:00 am–1:00 pm EST	4:00–6:00 pm GMT
Nov 21	Session 8 - Embracing Your Life	9:00–11:00 am PDT	8:00–10:00 am PST	11:00 am–1:00 pm EST	4:00–6:00 pm GMT

* Daylight Savings Shifts Time. Vancouver stays fixed at 9–11 am the entire course.