



THE COMPASSION PROJECT

A comprehensive 9-month
online meditation program
that transforms your capacity
to care for yourself while
caring for others.



BEGINS EVERY OCTOBER • ONLINE VIA ZOOM

TRANSFORMING LIVES
THROUGH MEDITATION

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Join us for The Compassion Project, a welcoming and inclusive program offering clear instruction for those new to meditation and support for those looking to deepen their practice. In nine months of teaching, guiding, group discussion, self-study, and personal reflection, you will build a meditation practice that enlivens your well-being and activates inner resources to meet the challenges of your life and our world.

WHY THIS COURSE:

- Meet life with renewed energy and purpose
- Bring compassion to feelings of overwhelm
- Connect to others with open-hearted presence
- Reduce anxiety and loosen habits of reactivity
- Learn from experienced teachers within a global community

Reserve your spot now at bit.ly/3doors-cp



**Created and taught
by Gabriel Rocco
and Marcy Vaughn**



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