



The 3 Doors Online Compassion Project Starts in September

Deadline for Early Registration Is August 15

Registration is open for the live online 3 Doors Compassion Project led by Senior 3 Doors Teachers Marcy Vaughn and Gabriel Rocco. This is a nine-month exploration into select practices that support compassionate care and self-compassion for healthcare professionals, educators, therapists and anyone who is motivated by compassion. The course begins on September 27, 2017.

The 3 Doors Compassion Project teaches caregivers practical meditation methods to maintain their motivation and recharge their energy, so they can respond to whatever arises in the moment from a natural place of presence. With more than 50 percent of healthcare professionals reporting symptoms of burnout, the need for self-care practices has never been greater.

The Compassion Project was co-founded by teachers Marcy Vaughn and Gabriel Rocco. Twenty-nine people recently completed the first in-person nine-month program, held in Bryn Mawr, Pennsylvania.

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