

Are you feeling exhausted, starting to experience caregiver fatigue, or perhaps even burnout?

Are you constantly pacing yourself last on the do list?

Do you realise that it is important to care for yourself, so that you can care for others, but can't fit self-care into your busy life?

The Mind Fitness Doctor is where you will receive Medicine for the Body, Mind and Soul. It is a place where you can put on your own oxygen mask first, so you can access your inner compassionate healer and care more effectively for others.

This is through micro Mind Fitness practices you can do in your busy day to care for yourself while you are caring for others. These practices are on the job, and while you are facing the challenges as caregivers.

This is through the Mind Fitness Signature SOAR System for Self-Compassionate Self-Care. This is based on the evidence based Acceptance and Commitment Therapy, Positive Neuroplasticity and Mindful Self-Compassion.

This is delivered through Mind Fitness Yin Yoga, Personal Mind Fitness Training, Mind Fitness Online Courses and Mind Fitness Gym Membership. Mind Fitness Personal Training includes Compassion Coaching of the Six Week Self-Compassion Coaching For Health Professionals.

During these two MinD Fitness Yin Yoga classes we will look at how we can develop the inner resources of Yin And Yang Self-Compassion to deal with our caregiving challenges by rewiring our brains and regulating our nervous system.

I am Dr. Robyn Charlton a Perinatal psychiatrist and mother to three children. I have always been interested in who Cares for the Carers after losing a boyfriend to suicide early in my medical career. I have also experienced caregiver fatigue and burn-out leading me to search for practices from my own Mindfulness Therapeutic training to help myself. This is when I discovered the healing power of Yin Yoga and Mindful self-compassion. This is why I have integrated both practices as an offering to you to use for your own self care.

I am also a Mindful Self-compassion meditation teacher , and am offering the Mindful Self Compassion Coaching six week course for Health professionals through [Compassion Coaching.co.nz](http://CompassionCoaching.co.nz)