

## Overview of courses taught in English fall 2023 at Hringsjá

Course name	Date	Date	Date	Date	Date	Date	Date	Date	Date	
Self-compassion		Man. 9. oct.	Tue. 10. oct.	Wed. 11. oct.	Thu. 12. oct.	Fri. 13. oct.				Monday to Friday 10:30 - 12:30 5 times total
Self-compassion	Mon. 4. dec.	Tue. 5. dec.	Thu. 7. dec.	Fri. 8. dec.	Mon. 11. dec.					Mon., Tue., Thu. and Fri. 10:30 - 12:30 5 times total