



Mindful Eating—Mindful Yoga : Learn to Soothe Yourself Without Food !

If you like to eat, chances are you've found comfort in food. Sometimes we turn to food too often when we're stressed or emotional. Most people refer to this as stress or emotional eating, and it can lead to unwanted problems like weight gain and guilt about eating. Learning to eat more mindfully can help us find other ways to take care of ourselves, bringing more peace with the way we relate to ourselves and food.

Join us for a 3 hour workshop where we will explore mindful eating, mindful yoga and connect with the endless number of ways we can soothe ourselves without food.

- Learn core mindful eating practices
 - Explore Ways to Self Soothe
 - Understand Your Body's signals
- Practice Gentle Yoga and Mindful Breathing



Erica has been using mindfulness-based approaches to help people develop healthy relationships with body, mind and food for over 20 years. Her journey as a clinical nutritionist led her toward integrative work as a psychotherapist, yoga teacher and mind body health coach. Through Integrative Life Services she uses mindfulness based approaches to help adults, adolescents and families find rich and balanced ways to live.

For More Information on Mindful eating visit www.integrativelife.net
Or Join us on Meetup Search : "mindful eating denver"

