



Mindful Eating-Mindful Yoga : Connect with The Wisdom of your Body !

In modern life our focus on self improvement and the pursuit of health and thinness can easily bring us out of connection and balance with how to truly nourish our body, mind and soul. If you've ever felt bad about your body and your eating - even while you're trying to make positive changes, then mindful eating can help you find more peace with your body and food !

Mindful Eating is a practice that can help you thrive with any healthy eating and nutrition path you have chosen. Come learn practices to access your body's hunger signals and come into balance with food !

Session 1: Become Aware of Your Body

Session 2: Mindful Eating- Core Practices

Session 3: Experiencing Emotions

Session 4: Stepping Onto Your personal path



4 Tuesdays 5/22/12-6/12/12 6-7:30pm
Root Yoga Center, 1539 Platte St. Denver, CO
\$180 investment includes all materials and food
Pre-registration needed: www.rootyogacenter.com

Visit Root Yoga Center or
www.integrativelife.net for more details !

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"

