

Mindful Eating Summer Book Club !!

susan albers, psyd
foreword by lilian cheung, dsc, rd



eating mindfully
SECOND EDITION

how to end mindless eating &
enjoy a balanced relationship with food

Each session will involve

- discussion of the book and
- guided mindful eating and self soothing practices.

Although it is not essential for you to read the book in order to attend, you may have a richer experience if you do. Here's what we'll do:

7/18- Discuss Part I: Mindfulness of the Mind-
Observe more -React Less

7/25 Discuss Part II: Mindfulness of the Body-
Listening and Responding to your body

Spend a few weeks trying out your new skills and awareness on your own.

8/15 Discuss Part III & IV: Mindfulness of Feelings and Thoughts- Raising awareness and understanding the relationship between thoughts, feelings and eating

Attend all 3 sessions: \$60

Drop in to one or two: \$25 per session

Practice Food and Materials included, Please find the book on your own.

http://www.goodreads.com/book/show/111119.Eating_Mindfully?a=5&origin=related_works

3 Thursdays July 18th, 25th and August 15

7-8:30PM

MAYU SANCTUARY

1804 S Pearl St Denver, CO 80210

(303) 832-0033

By popular demand ! We will get together to read **Eating Mindfully - How to End Mindless Eating and Enjoy a Balanced Relationship with Food**

, by Dr. Susan Albers.

Dr. Albers is one of my favorite authors on mindful eating and emotional eating and I'm delighted that the idea has been suggested. This book and the practices involved can help us create a strong foundation for building a peaceful and healthy relationship between ourselves, our body and food.

Facilitator:

Erica Viggiano RD, LCSW, E-RYT

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.

Please sign up through Meetup, or Call for More information:

Erica@integrativelife.net 303-733-9519

Meetup: <http://www.meetup.com/Mindful-Eating-Mindful-Yoga-Denver/www.integrativelife.net>