

Healthy Natural Weight Women's Workshop

March 2, 2024 Saturday 12:00 – 3:00 pm Chestnut Hill, PA

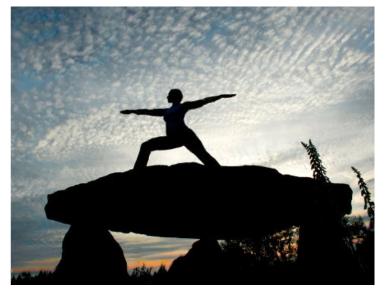
"This workshop was excellent. Great combination of instructor-led information and group participation. I really enjoyed it." -University of Penn workshop participant

το REGISTER, call 215-514-1968

FEE: 34.00

Questions? Call Amy Tuttle **215-514-1968**

Workshop participants receive a discount for the next 8-week *Nourishing Aliveness®* Group. Workshops are optional (attendance is not required to join the group).



Join us for a taste of mindfulness at this introductory workshop, and begin to:

Tune into your needs and wants, and discern what is true for you

- with ancient practices that are supported by research in neuroscience, psychology, and mindfulness
- with formal and informal mindfulness practices, including gentle mindful movement
- through discussions about women's issues, body image concerns, and emotional eating struggles
- with the Mindful Process of KAR-ing®

Use the wisdom of what is true for you and your body to let go of "shoulds" and diet dictates, and to skillfully discern what is needed now and how much is enough, emotionally and physically

Take realistic action steps to

- Recover from dieting and emotional eating
- Repair body despair
- Restore self-body trust
- Retain and enhance health and well-being
- Rediscover what matters most to you

Stop Watching Your Weight. Start Living Your Life.®