

Nourishing Aliveness® Programs

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Find your way back...

to your healthy natural weight

and to *what matters most!*™

Foundation Group

for Women

March 23 – May 11, 2024

8 Saturdays from 12:00 – 3:00
Chestnut Hill, PA

Group fee: 450.00 • Pre-group interview: 120.00

Insurance may provide reimbursement for group and interview session. Sliding fee (based on need) available.

"This group has provided such incredible opportunities to nurture change in myself... slow significant change –that profound shift into loving myself, supporting myself, creating healthy boundaries, knowing when and how to ask for help... being able to be there for others without losing my identity... the list is endless." –CM, group member

"When I first came to group, I was hopeless. But last week I had a fantastic visit with my endocrinologist, and my blood work was the best it has ever been."
–GA, group member

With the mindful process of *KAR-ing*®, tune into your needs and wants, and discern what is true about diets, weight, health, and your self

Resolve food & weight struggles and live life more fully with ancient practices that are supported by current research in neuroscience, psychology, and mindfulness

- through mindful inquiry with *Four Mindful Questions*™
- with formal and informal mindfulness practices, including gentle mindful movement
- through discussions about women's issues, body image concerns, and emotional eating struggles

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

Determine & embody values-based self-care intentions with the *Circle of Intention*™ and take action steps to

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