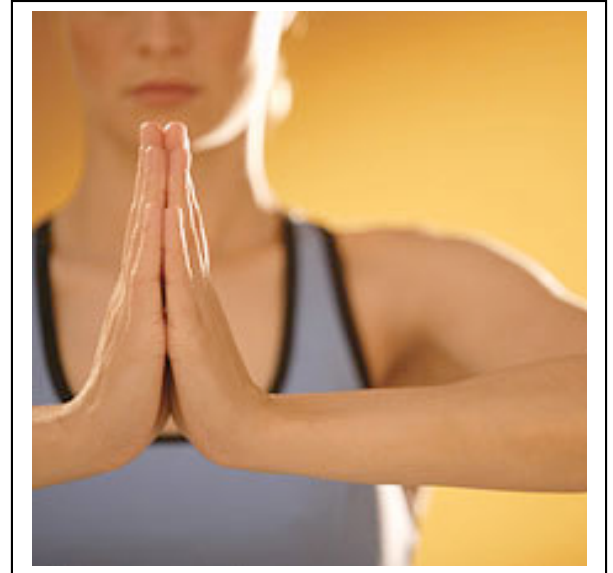


Yoga for Mindful Eating

Nourish from Within



What Do I Really Need?

- Freedom from Emotional Eating
- To Let Go of Perfection
- Mindful Awareness of When I'm Hungry and Satisfied
- Coping Mechanism for Stress Eating
- Self-acceptance
- Healthy Weight Awareness
- Supportive Relationships
- To Be Comfortable with Me
- To Nourish from Within!

Explore your relationship with food, body image, and emotions through yoga and mindful awareness. We use yoga, education, discussion and *spiritual support* to journey toward change, self-acceptance and self-awareness.

Diana Cullum-Dugan RD LDN RYT, a registered dietitian and Anusara-Inspired yoga teacher, with a specialty in weight management and binge and compulsive eating, assists you in identifying deep-seated internal patterns that do not align with your conscious goals.

Apr 28th – June 16th, Wed. 11a-12:40p
\$200 for 8-week session

Pre-registration required

For more info call Diana (617) 393.2200
www.NamasteNutrition.net

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