

Mindful Eating Workshop

6 Week Group – Starting March 22 2011



What is Mindful Eating?

Mindful eating involves the development of a special kind of awareness that you bring to the table whenever you eat. It's not a diet. There are no rules, menus, recipes or numbers to reach.

Mindfulness is deliberately paying attention, being fully aware of what is happening both inside yourself- in your body, heart, and mind-and outside yourself, in your environment. Mindfulness is awareness without judgment or criticism.

Who is the workshop for?

- If you find yourself in a struggle with food, that is causing emotional distress such as guilt, shame and depression.
- If you would like to improve your relationship with food and reconnect to the natural joy and easy pleasure of eating that is our birthright as human beings.
- If you are looking for a workshop that is not about diets or rules. If your interested in not having an expert dictate and direct you with charts, tables, pyramids or scales, but by your own inner experience moment by moment.
- If you interested in a way of being that is not based on anxiety about the future but on the actual choices that are in front of you and on your direct experiences of health while eating.
- If you are interested in replacing self-criticism with self – nurturing and would like to replaces shame with respect for your own inner wisdom.

Ten Benefits of Mindful Eating

1. It's a non-diet approach
2. It's not scary
3. The exercises are realistic and doable
4. It advocates self-acceptance and body acceptance
5. It lasts
6. It's nonjudgmental and compassionate
7. It works
8. It's holistic
9. It's for everybody
10. It provides clarity



Karen Goble is a Graduate Intern Counsellor at Jericho Counselling who specializes in working with individuals struggling with eating issues and body image concerns. Drawing on her clinical and life experience Karen teaches mindful eating workshops in an effort to assist people to rediscover a healthy and joyful relationship with food and their bodies.

**Mindful Eating Workshop – 6 Week Group
Starting Tuesday, March 22 2011**

6:30 – 8:30 pm. Cost: \$120

To Sign Up for this Workshop, please email or call:

Jericho
COUNSELLING

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