

Based on the e-book:

Mindful Eating

-Connect with your Body Through Awareness-



*A simple yet powerful guide to find and maintain
your unique & healthy body.*

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Words from participants and readers:

"This program did for me exactly what it promised to do, which was to make me think about what I was eating and why I ate what I did, when I did. That focus has enabled me to make changes for the better.

Evy is extremely dedicated and sincere in her desire to help her clients improve their physical and mental well-being.

The program covered a lot of ground in seeking out the root causes of poor eating habits and I learned techniques for relaxation and getting to sleep which have been very helpful.

I would recommend this program to anyone.

-Andrew Kerr
Canada.

*"A refreshing approach to weight management. Mind over matter is the key.
Within the 8 weeks plus no conventional diet, 10 lbs lost! "*

-Charmian Almandoz
Trinidad and Tobago.

"In the Mindful Eating advice we realize the importance of being conscious of the relation between health and diet"

¡I want to participate in any other course you offer!"

-Fátima Castillo
México

"I loved your book for its simple message, easy process, and plain language ... The message was clear, succinct, and educational.

You have done a great job of writing and putting your advanced wellbeing message out there. Well done Evy"

Sincerely,

Rocky Krogfoss
New Beginnings Therapy. Canada

“Your work is a source of inspiration for me and the many others that you help. This book is a work of art! It was really fantastic”

**George Bovell – Former Professional Swimmer & Olympic Medallist.
Trinidad & Tobago.**

“As a person who had struggled with medical issues related to her diet, I can say that I can definitely relate to what Ery Y. Parkinson wrote in her book.

The questions are great guiding tools when you feel lost. It makes you turn inwards for guidance. Especially in this culture today when we are taught by the media, teachers, bosses to always expect to be given the answers.

Ery reminds us that the questions are really what matter, in a sense that asking the right questions will help build trust and confidence that you can do it, that only you can discover what truly works for you.

Thank you for this great work”

**Andreea Carmen Peptu
Vegan, Holistic Chef & Reiki Master.
Doha, Qatar.**

“Mindful Eating is not a book about dieting. Yet is it very much about diet. What we choose to eat, how we eat it, and why those choices play such a big part in how we look, how we feel, how we think of or see ourselves. Everything is connected.

In Mindful Eating, Ery Parkinson pulls together aspects of her many years of training in psychotherapy, hypnotherapy, emotional freedom technique and her personal practice of mindfulness and Tai Chi to create an understandable approach to healthy thinking and eating that we can all relate to. Even if most of the time, healthy eating is a subject we prefer to ignore.

There is no judgment in Mindful Eating. It spells out an attitude to lifestyle that will identify simple changes we can all make in our choices that impact health, self-image, and point a practical, step by step, way forward to achieving the quality of life we all hunger for.

Give the Mindful Eating programme a try and set your best self free!”

**Dawn Glaisher
Instructor - The Tai Chi Institute of Trinidad and Tobago**

Why would I want to do the program?

- Because I don't like diets and I am tired of the "weight struggle".
- Because I want to feel more comfortable, **better and happier in my body.**
- Because I want to eat what I feel to eat **FREE of GUILT.**
- Because I want to feel **healthier and with more energy.**
- Because I feel some insecurities about my body.
- Because I tend to fall into emotional eating.
- Because I want to have a better **connection and communication with my body** to feed it with what it really needs.
- Because I want to learn self-help tools to **MAINTAIN my healthy & unique body.**
- Because I want to learn how to treat and how to take care of my unique body with **Awareness & Kindness.**
- Because I want to create a **REAL Self-esteem**, which is independent from externals.

Duration, Content and Prices

The whole program lasts *8 weeks*.

One class per week. Each class is based on one chapter of the e-book

Each Class lasts *between 1 and 2 hours*.

What is included in these classes?

- Second edition of the e-book.
- Mindfulness Practice.
- Hypnotherapy sessions to make deeper and faster changes as we work directly with the subconscious mind.
- Practica de alimentación consciente mientras comemos. Mindful Eating practice while eating.
- An exercise class combining the holistic practices of Tai Chi & Qigong and Yoga principles, adapted to ALL LEVELS.
- How to create effective visualizations and affirmations and how to use them.
- Life long self-help resources.
- Q & A in each class.

Total fee per participant: 220US\$

Personalized Program. Private one on one: 620US\$

It is needed to book in advance.

Next Program Dates:

Saturday October 2nd to November 20th, 2021

Live with the Therapist and program creator

Evy Y. Parkinson.

Via ZOOM 12.00pm (AST)

