



Mindful Eating Program

Learn to Find & Maintain your
Unique Body through
Awareness

TOBAGO, 2019

Based on the E-book:

Mindful Eating

– Connect to your Body Through Awareness –



Harmoniousinfinity.com

Introduction:

Based on the E-book Mindful Eating – Connect to your body through Awareness –

Using the e-book as the main guide, the program is designed to help you to learn how to connect and communicate with your unique body from a holistic perspective.

It is not only about learning **what** to eat. It is also about **how** to eat based on your specific needs and how to build a **healthy relationship with your body** by connecting with it and maintaining it through awareness.

Regardless of your weight or your conditions at the moment of starting the program. The classes will be adapted to your specific mental, emotional and physical needs.

During the program you will learn how to change dysfunctional eating habits as well as unhealthy and negative thinking habits.

The intension of these classes is to *“teach you HOW to fish, not to give you the fish”*.

As you learn to connect and communicate with your body from a Holistic perspective (mind-body-emotions) you are also getting to know yourself. The better you know yourself and the specific needs of your body, the better you can take care of it and maintain a healthier lifestyle that works for YOU.

The information that you will receive and the experience you will have, will be useful for the rest of your life!!

Some benefits of participating on the program:

- Say good bye to old destructive habits and welcome new and supportive ones into your life.
- Make **positive lasting** changes in your lifestyle.
- Learn how to find your unique body. Build a healthy relationship with your body and learn ways to **maintain it**.
- Feel more comfortable and content in your body.
- Create a **healthier self-esteem and self-image**.
- Learn to take care of your specific needs.
- **Invaluable Self-help resources and an enriching experience.**

Keep in mind that as we are all different, we also have different learning speeds. Each person will make changes in their own time and to their own extent

Description.

Each class will have one or a combination of:

- Guided Meditation Session
- Physical Exercise Session influenced by Tai Chi & Qi Gong
- Visualizations & Affirmations
- Simple Self-help tools to apply in your daily life
- Mindfulness Practice
- Relaxation Exercises

Single classes options:

Drop ins are welcome to join with **exception of Class #2 and Class #8.**

Just remember that one single class will not have the level of benefit that will have to participate in the whole program. However, you will still receive benefits, new info. and self-help tools just with one class.

If you cannot participate in the whole program, you can check out the overview of each class and choose which one would you be most interested to join:

Duration of Classes: up to 2hrs

One Class Fee: 250tt

Class 1:

Making the Commitment

- Introduction & Setting Goals
- Practice of exercises #1 & #2 of the e-book
- Introduction to Mindfulness
- Relaxation Exercises

Class 2:

Changing Habits

- Identifying current eating habits
- Identifying current thinking habits
- Self-help tools to change negative habits into supportive ones
- Practice of exercises #3 & #4 of the e-book with a healthy homemade and delicious snack

Class 3:

Stop Comparison

- Identifying what feels right for your unique body
- Practice exercise #5 of the e-book
- Guided meditation to reinforce new habits

Class 4:

Appreciate your body

- Identifying what you want to improve and what can be changed
- Guided Meditation Session to reinforce healthy self-esteem and self-confidence
- Exercise #6 of the e-book

Class 5:

Physical Exercise

- Finding underlying thoughts and emotions about exercising
- Identifying habits in relation to your physical activity
- Find out what works for you
- Physical Exercises influenced by Tai Chi & Qigong

Class 6:

Create your Ideal Body

- Exercises #7 and #8 of the E-book:
How to create effective Visualizations & Affirmations
- Guided Meditation

Class 7:

Let go of Guilt

- Understanding guilt
- What are the triggers of guilt?
- Guided meditation to let go of guilt and reinforce your unique & healthier **Lifestyle**

Class 8:

Integration & Completion

- View of your NEW healthier Body & Lifestyle
- Closure Meditation
- Closure Mindful Eating Practice with lunch
- Feedback
- Questions and answers
- **Celebration!!**

If you want to join us in this unique experience, please bring
pen and paper!!

Hope to see you there!

