



Mindful Eating Personalized Program 2019

Learn to Find & Maintain your
Unique & Healthy Body Through
Awareness

Harmoniousinfinity.com

Based on the E-book:

Mindful Eating

- Connect to your Body Through Awareness -



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 connect and communicate with your body, so you can create and **maintain** your unique and healthy body.

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 conditions.

During the program you will learn how to change negative lifestyle habits into positive ones and how to **maintain** them.

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 your unique body, the better you can take care of your own needs and maintain a healthier lifestyle that works for YOU.

This program is to make **lasting changes. Real Changes.**

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

Please read the Introduction and the First Chapter of the e-book (free download) for you to have a better idea of what the program will do for you and IF the program is for you

The Program includes the New edition of the Mindful Eating E-book and a Customized Self-Hypnosis Recording

Some benefits of doing the program:

- Say good bye to old destructive habits and welcome new and supportive ones into your life.
- Make **REAL** changes.
- Find your unique body. Build a healthy relationship with your body and **maintain it**
- Feel more comfortable and content in your body
- Develop self-control
- Create a **healthy self-esteem and self-image**
- Learn to take care of your specific needs

Description

The length of the course is 2 months. One class per week.

Each class is based on one of the chapters of the E-book.

The speed in which you see results is also unique to you

Each class will have one or a combination of:

- Hypnotherapy Session
- Physical Exercise Session influenced by Tai Chi & Qi Gong
- Visualization, Affirmations & Relaxation Exercises
- Simple Self-help tools to apply in your daily life
- Mindful Eating Practice with a healthy snack/meal
- Mindfulness Practice
- Guided Meditation

Each class lasts between 1hr and 2 hrs

Class 1:

Making the Commitment

- Introduction
- Practice of exercises 1 & 2 of the e-book
- Mindfulness **Practice**
- Home exercises

Class 2:

Changing Habits

- Identifying current eating habits
- Identifying current thinking habits
- Identifying the new healthier habits that you want
- Practice of exercises 3 & 4 of the e-book

Class 3:

Stop Comparison

- Identifying what feels right for your unique body
- Practice exercise #5 of the e-book
- Hypnotherapy Session to reinforce new habits
- Home exercises

Class 4:

Appreciate your body

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

Class 5:

Physical Exercise

- Finding underlying thoughts and emotions about exercising
- Identify your current physical activity circumstances
- Find out what works for you
- Physical activity practice influenced by the Martial Art of Tai Chi & Qi Kung
- Home exercises

Class 6:

Create your Ideal Body

- Exercises #7 and #8:
Visualization
Create effective Affirmations
- Guided Meditation
- Home exercises

Class 7:

Let go of Guilt

- Understanding guilt
- Hypnotherapy Session to let go of guilt and reinforce the **new lifestyle**

Class 8:

Integration

- Big picture of your new healthier lifestyle
- Mindful Eating **Practice** with a meal
- Closure Meditation
- Feedback
- Questions and answers
- **Celebrate!**

