

Based on the E-book:

Mindful Eating

– Connect with your Body Through Awareness –



*Start creating a healthier lifestyle from a place of
Awareness & Self-Kindness*

Evvy Y. Parkinson

Introduction:

Based on the E-book Mindful Eating – Connect with 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** and with food.

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 unique 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 and helpful for the rest of your life!!

Feedbacks:

“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, Evy 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 & Tobago

Thanks for the Mindful Eating advices where we see the importance of being conscious of the relation between health and diet.

I would love to participate in any other courses you offer".

Translated from Spanish

Fatima Castillo C.

Mexico

“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.

Evvy 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 R. Kerr - Barrister & Solicitor
57 years old
ON, Canada*

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

*Charmien Almandoz
68 years old
Tobago, Trinidad & Tobago*

Keep in mind that as we are all different. We all have different learning speeds. Each person will make changes in her/his own time and to her/his own extent

Course Breakdown:

Class 1:

Making the Commitment

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

Class 2:

Changing Habits

- Identifying current habits
- Self-help tools to change negative habits for 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 or Hypnosis

Class 4:

Appreciate your body

- Identifying what you want to improve and what can be changed
- Hypnosis 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?
- Hypnosis 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!!**