

HEAL YOUR RELATIONSHIP WITH FOOD!

Am I Hungry? Mindful Eating 8-Week Workshop Series

- Do you eat for reasons other than hunger?
- Has your eating become mindless or lack-luster?
- Do you ever overeat and then feel guilty afterward?
- Have you tried dieting or restricting with little or no long-term success?
- Do you want to learn how to eat mindfully and live a more vibrant life?



You're not alone, and we're here to help you heal and transform your relationship with food, using proven strategies for long-term success.

Mindful eating is a non-diet and weight-neutral approach to eating that helps us understand the conscious and unconscious decisions we make around food, beginning with why we eat in the first place. It provides a practical approach to decision-making without restriction, deprivation, or guilt, and helps us to find the “middle way” between the extremes of overeating or restriction.

Open yourself up to experience mindfulness as an integrated experience for the mind, heart, body, and spirit and learn practical tools and strategies that will help you become more mindful in your eating and every area of your life!

Taught by Dawn Hopkins, E-RYT 500 and Licensed Am I Hungry? Mindful Eating Facilitator & Coach

**Mondays from 12-1 pm MST
February 6-April 3
Online via Zoom**

Investment - \$150 for Risen Savior
with discount code: RISEN200**

(Standard fee is \$350. Includes \$40 materials fee. Shipping is extra.)**

Register: shorturl.at/bBCMX

Must use discount code RISEN200 to receive special pricing.

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