



Learn

Developing compassion for your body
Eating as a holistic and spiritual practice
Mindful eating techniques
Re-patterning overeating behaviors
Awareness through meditation
Visualization techniques to promote healthy eating

Receive

Comprehensive course materials
A copy of the book "Meditation Illuminated:
Simple Ways to Manage Your Busy Mind"
An individual 30 minute follow-up phone call.

\$189 per person. Spaces limited!

Transforming Your Relationship to Food

A Small Group Workshop

Discover tools to create a healthy relationship with food. Instruction, journaling, guided meditations, reflection, group discussion, and comprehensive course materials. Participants are asked to bring their lunch for a silent meal.

Reflect with the Labyrinth

The labyrinth is a powerful tool to help you access your inner wisdom and clarity. There will be plenty of time to reflect and walk the beautiful 24-foot indoor labyrinth.

*"I highly recommend the course. The focus gave a new perspective and life-changing strategies in my relationship to food."
- Mindful Eating Program Class participant*

Saturday, May 30th ❖ 9 a.m. - 2 p.m. ❖ Bethesda, MD

To register email joy@joyrains.com or call 301-530-0583

www.joyrains.com