

A FOUR-CLASS SERIES:

Mindful-Awareness for Eating & Living Healthy

with Mary Grazen-Browne MEd. RHNP

Mondays, Nov. 25; Dec. 2, 9, 16, 2013

6:15 – 7:30pm

In this 4-part series we will explore how using mindfulness-based techniques can assist you in your personal eating and lifestyle patterns. This class is for individuals who have struggled with yo-yo dieting and weight management through conventional practices (restriction/deprivation), and for those who seek to implement or enhance health-centered activities in their lives. If emotions, feelings or 'triggers' sabotage your personal progress toward a healthier lifestyle, then this program will support you in developing wellness tools through mindful-awareness. Areas to be explored and practiced will include:

- Being in charge and not in control, the skill of making mindful choices.
- Emotional Regulation: Learn what the body really wants and needs.
- Using awareness to establish a life-style of health versus temporary dieting.
- Head Hunger – What are your triggers? What gets in your way and what supports a healthy lifestyle for you?



Mary Grazen-Browne MEd. RHNP, has been involved in healthy living for her entire professional life as an educator, nutritionist and wellness coach. During the past 15 years, Mary has developed her own private practice 'Wellness by Choice' dedicated to educating groups and individuals in holistic nutrition and healthy lifestyle for disease prevention and optimum quality of life. As a certified Wellness Coach, she supports individuals who are committed to become more competent and successful according to their own goals, take responsibility for their own capabilities and develop into their full potential.

Investment: \$75

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