

Making Peace with Food and Your Body

Barbara Holtzman

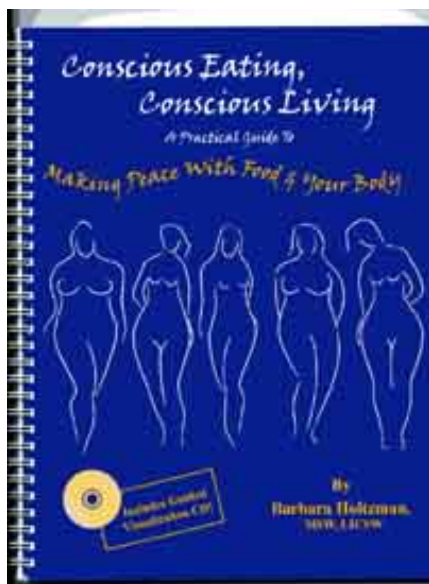
10/23/10

10:15 am - 1:15 pm

\$60.00

Are you ready to overcome your compulsive and emotional eating and get off the diet/binge yo-yo? The "Making Peace with Food and Your Body" approach was developed by a former binge eater and psychotherapist to help other women let go of their struggles with food and body image and create more fulfilling lives. In this workshop, you will discover a more compassionate understanding of your eating issues, develop a healthier, more intuitive relationship with food, and learn how to find your body's natural weight without dieting. Through experiential exercises, including guided imagery, mindful eating and breathing, you will practice listening to your body's wisdom to identify the source of your cravings. You will leave with a greater understanding of your own patterns and triggers, and tools to create a healthier, more loving relationship with food and your body.

Multi-Class discount: Take this workshop with *Overcoming Emotional Eating with EFT* for only \$99! (lunch included)



For more detailed information visit our website at allthatmatters.com or call 401.782.2126



Barbara Holtzman

Barbara Holtzman, MSW, LICSW, is a psychotherapist, hypnotherapist, lifestyle coach and author of *Conscious Eating, Conscious Living; A Practical Guide to Making Peace with Food & Your Body*. She has had extensive training in the mind/body connection and has a personal mindfulness meditation practice. Barbara leads workshops at colleges, hospitals, women's expos and professional conferences. Barbara's book is available at The All That Matters Store.

www.makingpeacewithfoodandyourbody.com



ALL THAT *Matters*

Yoga and Holistic Health Center

315 Main St. Wakefield, Rhode Island
401-782-2126 * www.allthatmatters.com

All That Matters, a yoga and holistic health education center, established in 1995, offers 45 yoga classes each week, educational programs, comprehensive holistic healthcare, a reading room and store. Contact us for our complete catalog.