



NOURISHING ALIVENESS®
SELF-CARE COLLABORATOR® TRAINING

Are you working with women struggling with emotional eating, diet cycling, and bad body fever?

September 9, 2023

Saturday 11:30 – 4:00

Chestnut Hill, PA

To REGISTER, call
215-514-1968

FEE: 240

Enhance your skills to empower women to:

- understand what is true about themselves and their bodies
- let go of “shoulds” and diet dictates
- discern what is needed now, how much is enough, emotionally and physically

Learn about and guide relevant mindfulness practices:

- gentle mindful movement
- Loving Kindness practices and affirmations

Understand key mindfulness tools and concepts:

- Four Mindful Questions™
- Mindful Process of KAR-ing®