

BodyMind-Fullness™ Women's Workshop: Finding Your Way Back to Your Healthy Natural Weight (and to What Matters Most)

**2:00 – 4:00 pm
Sunday, October 16, 2011**



*Experience how **BodyMind-Fullness** programs can help you
stop watching your weight and start living your life™*

Join us for this 2-hour introductory workshop that offers you a taste of mindfulness while supporting your self-care. Learn about and experience how the *BodyMind-Fullness* practices that are now understood through neuroscience, psychology, and mindfulness research can help you begin to

- decrease dieting and deprivation while enhancing eating attunement and enjoyment
- diminish body hatred and shame while bolstering body-trust and appreciation
- reduce stress and dis-ease while enhancing health and wellbeing
- turn to food less while turning to life more

“This course was excellent. Great combination of instructor led information and group participation. I really enjoyed it.” -Workshop participant (University of Pennsylvania *BodyMind-Fullness* workshop)

Workshop facilitators: Amy Tuttle, RD, LCSW, has specialized in women's issues and eating disorder recovery since 1991. Shirley Kessel, RYT, is a nutritionist and yoga teacher specializing in yoga therapy for eating disorder recovery. Amy and Shirley co-founded *Feast Upon Life™* to provide mindfulness-based services and resources for bolstering self-care, enhancing health, resolving weight issues, and creating community. Visit www.FeastUponLife.com for more information.

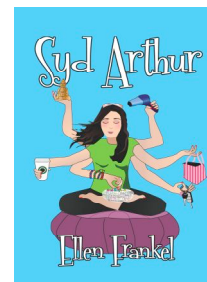
Free after-workshop bonus!



Noshing toward Nirvana: An Exploration of Feeding the Body, Nourishing the Soul, and Freeing the Spirit


Join us and *The Diet Survivor's Handbook* co-author, **Ellen Frankel**, for this *Fat Talk Free Week & Love Your Body Day* kick-off reception and fun presentation. Ellen will be signing her books, including her latest book, *Syd Arthur*, a hilarious and insightful story about a middle-aged Jewish woman from the suburbs who lives in our dieting and shopping culture, and who, like Prince Siddhartha 2500 years ago, finds her way to acceptance and meaning.

You don't have to live in the suburbs or be middle-aged or Jewish to benefit from Ellen's presentation. You just need to be a woman who, instead of feeling bad about your body and your eating, wants to enhance your self-care and live more comfortably and fully in your body in this moment of your precious life.



Please see back for registration information.

BodyMind-Fullness Women's Workshop & Ellen Frankel "Noshing toward Nirvana" events

REGISTRATION	Erdenheim (near Chestnut Hill)	Center City
	Beth Tikvah B'nai Jeshurun 1001 Paper Mill Road Erdenheim, PA 19038	The Rittenhouse Hotel 210 W. Rittenhouse Square, 4 th floor Philadelphia, PA 19103
<i>BodyMind-Fullness Workshop</i> Registration at the door	1:30 – 2:00 pm	
<i>BodyMind-Fullness</i> Workshop	2:00 – 4:00 pm	
<i>Noshing toward Nirvana</i> Reception/Registration	4:00 – 4:30 pm	7:00 – 7:30 pm
<i>Noshing toward Nirvana with</i> Ellen Frankel presentation	4:30 – 5:45 pm	7:30 – 8:30 pm

BodyMind-Fullness Women's Workshop

Sunday, October 16, 2011
2:00 – 4:00 pm • Erdenheim, PA
Fee: \$19.00

Please register through Mt. Airy Learning Tree (MALT)

Online: www.mtairylearningtree.org
Phone: 215-843-6333

Or at the door between 1:30 – 2:00 pm.

Ellen Frankel Noshing toward Nirvana after-workshop events

Sunday, October 16, 2011
4:00 pm in Erdenheim *or* 7:15 pm in Center City

Please RSVP by October 11, and let us know if you will join us for the
4:00 pm Erdenheim event (after the *BodyMind-Fullness Workshop*) or the 7:15 pm Center City event.
(If you miss the Oct 11 RSVP deadline, kindly call to let us know that you're coming.)

Phone: 215-248-9770

Email: amy@valleygreencounseling.com

There is no charge for the Ellen Frankel events, but we will be accepting donations and conducting raffles at each event to benefit A Chance to Heal, a non-profit organization dedicated to preventing eating disorders and promoting positive body image, (www.achancestoheal.com)

Raffle prizes will include Ellen's books and related mindfulness and no diet resources, as well as gift certificates for yoga studios, spas, and restaurants! Ellen will draw the raffle winners at the end of each event. *To be eligible to win, you must RSVP and attend either the 4:00 or 7:15 pm event.*



To learn more about *BodyMind-Fullness* programs
and *Ellen Frankel "Noshing toward Nirvana"* events:
Visit www.FeastUponLife.com
Call: 484-580-9692
Email: info@feastuponlife.com

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