

***BodyMind-Fullness™ Foundation Group for Women***  
***Finding Your Way Back to Your Healthy Natural Weight (and to What Matters Most)***  
***For Good Women in Their 30s and Beyond***



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

*“This group has provided such incredible opportunities to nurture change in myself . . . slow significant change—that profound shift into loving myself, supporting myself, creating healthy boundaries, knowing when and how to ask for help . . . being able to be there for others without losing identity . . . the list is endless.” ~CM, group member*

*“When I first came to group, I was hopeless. But last week I had a fantastic visit with my endocrinologist, and my blood work was the best it has ever been.” ~GA, group member*

**Heal your food and weight struggles and live life more fully**

with ancient principles and practices that are now understood through neuroscience, psychology, and mindfulness research.

**Tune into what is true about your needs and wants**

through mindfulness practices that include gentle intuitive yoga and through discussions about women’s issues, body image concerns, emotional eating, and the truth about dieting, weight, and health.

**More easily let go of shoulds and diet dictates  
and skillfully decide what is needed now**

using the wisdom of what’s true for *you* and *your* body.

**Move forward with the *Circle of Intention*,  
determining and embodying values-based self-care intentions to**

- decrease emotional eating and dieting
- increase self-care and self-acceptance
- enhance health and well-being



(over)

*BodyMind-Fullness™ Group and Drop Into Nourishing Aliveness™ (DINA) Support Groups*

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*Stop Watching Your Weight. Start Living Your Life.™*

## ***BodyMind-Fullness™ Foundation Group for Women***

As women in the *BodyMind-Fullness* groups risk turning away from diet dictates and instead tuning into what their body and spirit really need, **they often find that the problem that needs to be “fixed” is not their eating or their weight, but something else**—for example, stress from a relationship, or depletion from life-work imbalance, or unresolved grief, or untreated anxiety. They also begin to identify the real obstacles that have gotten in the way of following through with prior self-care efforts. **And they start to understand that past trouble with follow-through was not because they are “lazy” or lack “willpower” or motivation, but rather is related to either minimizing these obstacles or truly not having time and energy to attend to them.**

Bringing this awareness of what’s needed now (and what’s gotten in the way of being able to take care of what’s needed now) to the supportive **Circle of Intention**, the women **set self-care intentions to deal with the obstacles to their self-care and to resolve the issues that are causing their struggles with food and weight.** And so, instead of trying to “lose weight,” they might determine what step is needed to set better boundaries, to say “no,” to lessen people-pleasing. Or they may schedule an appointment with an organizer to let go of clutter, or with a therapist to release emotional baggage. Often, steps are taken to schedule and follow through with medical appointments or to discover and begin some type of movement and play that is fun.

~Amy Tuttle, group facilitator

### ***8-week groups begin***

Sunday afternoons in **Chestnut Hill** on **October 23, 2011**

Wednesday evenings in **Center City Philadelphia** on **October 26, 2011**

**Yardley, PA** (dates and times TBA)

February and April 2012 Groups in Chestnut Hill, Center City Philadelphia, Yardley, PA

**Group fee:** \$400.00 • **Initial interview:** \$120.00

Insurance may provide reimbursement. Sliding fee available based on need.

**For more information or to schedule your pre-group interview, contact** Amy Tuttle: 215-248-9770 or amy@feastuponlife.com



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