

Mindful eating **Workshop** for Healthy Living and a Healthy Weight - for life

Our culture is set up for mindless eating and it's easy to fall into mindless habits that sabotage our health and wellness goals or our desire to lose weight. But every one of us can change this if we want.

Using powerful and effective mindful eating skills, you can learn to break these habits by bringing Attention to what's really going on inside and cultivating Intention to create a way of eating and a lifestyle that you really want. Mindful eating practice helps you develop new ways to use food to *truly* nourish you, give your body what it *really* needs and by so doing help you to have a healthy mind and body

Mindful eating has been **clinically proven** to be effective in helping people with dysfunctional eating patterns to reduce or eliminate episodes of overeating, reduce anxiety and increase self regulation over food. This has ripple effects on every aspect of the person's life...

**Where: Lissarda Manor, Ballytrasna, Lissarda, Co.
Cork**

(approx. 30 mins from Cork City, towards Macroom)

When: Sunday May 21st 2017

Time: 10 – 4.30 pm

Limited places available

Cost: €95 (includes light lunch, *where we learn to eat mindfully*)

To Book (and for more information): Sharon O 'Dwyer, dip N.T.,
mNTOI

M. 087 299 1778 or E: Sharon@yourpracticalnutrition.com

About the workshop

During this workshop you will experience and learn **powerful tools** and **practical awareness meditations** that you can use **daily** to help:

- Identify and change habitual triggers to overeating; unhealthy eating patterns or reactions to daily stress that are the triggers behind your unwanted behaviour
- Listen to the body's subtle internal hunger / fullness cues that wisely let us know when we have had just enough vs. being overfull
- Experience eating one of your main meals – lunch – mindfully and with purpose, savouring new flavours and using some of the skills you will have learned during the workshop.
- Stay motivated and inspired for the long term by connecting with your own inner compass that we each can use to support long term health and healthy
- Moving mindfully to support health, wellness and balance (stretches, positive posture, and more)

We will also explore:

What and How we need to eat to be healthy:

- fundamentals of healthy eating
- practical healthy eating every day (quick, tasty meal ideas, recipes)
- setting up for successful change
- avoiding common pitfalls
- learning to eat the amount you *need* - not what's available.

This will be an interactive, experiential workshop in a safe, friendly, supportive environment.

About the Presenters



SHARON O'DWYER, Dip N.T., m. NTOI. Sharon is a nutritional therapist with a clinic at Carrigaline Physiotherapy Centre. She is passionate about healthy food that is both delicious and helps us to thrive. She helps clients find balance in their lives through lifestyle approaches such as gentle exercise and stress reduction techniques, having seen that an imbalance in one aspect of our lives can profoundly affect other areas, compromising our overall health. She completed a 12-module programme on '**Mindful Eating Awareness Training for Health Professionals**' in 2016 and uses these skills in her practice with clients wishing to find a healthy weight or to address disordered eating.



NORAH TWOMEY, MBSR/MBCT/MBCL TEACHER. Norah works as a CNS in Mindfulness for the HSE and is a qualified general & mental health nurse. She has been teaching mindfulness for the past 8 years and is a member of the Mindfulness Teachers Network Ireland. Norah is a Hatha Yoga teacher and teaches yoga with emphasis on connecting with the body. She has a passion for food and healthy eating and has spoken on Mindful Eating in the public domain.