**THE YOGA OF EATING 101 WOKSHOP DESCRIPTION:**

We are here together to take a dive into deep healing for your body and soul, while you practice with potent teachings that will open your heart to trust, your mind to possibility and your body to its organic wisdom.

**The Yoga of Eating 101** is a supportive container that will guide you through the tried and true age-old and new practices that shift, transform, engage, and inspire you to remember how to celebrate your eating and your life.

This innovative and soulful approach to healing and health will improve your relationship to food and your body through self-care practices that nourish you from the inside out.

You will tune in by developing an intimate partnership with your mind and body through a dynamic combination of Nutritional Therapy, Food Psychology, Science of Self-Care, Ritual and Reflection, Yoga Philosophy, and Spiritual practice.

Remember your power in the way you create PURPOSE, PASSION and PLEASURE in life and in your health.

**WHAT TO EXPECT:**

* **Discover how to improve your relationship to food and your body.**
* **Learn to move from deep intuition and mind-body connection.**
* **Find your pleasure, presence, and personal power.**
* **Take home soulful rituals, reflections and resources.**
* **Nourish yourself (body, mind, and spirit) from the inside out.**