



MINDFULNESS SKILLS for Changing Your Relationship with Food

A 3 day retreat with
meditation teacher, psychotherapist, and author Sasha Loring

This workshop offers a range of methods for changing unhelpful thoughts, beliefs and behaviors regarding food. From the ground of mindfulness, attentional training, and self-kindness, this workshop focuses on gaining insight into unhealthy habitual patterns and on building the psychological resources needed for change.

The days will include experiential learning to:

- Illuminate deeply held beliefs about food and eating
- Explore food craving
- Practice new eating behaviors
- Enhance a healing partnership between mind and body
- Experience the power of self-kindness in the process of change
- Learn mindfulness skills to reduce stress and emotion driven eating

Date: Sept. 23-25, 2011

Location: New Hope Conference Center,
20 minutes west of Durham/Chapel Hill, NC

Cost: \$250 includes lunch each day.

Pre-registration is required. Contact
Sasha Loring at info@sashaloring.com.

More information at www.sashaloring.com

Schedule: Fri 10-5, Sat/Sun 9-4



Sasha Loring, M.Ed, LCSW

As a leader in the field of mindful eating, she has developed and taught mindfulness programs for Duke Integrative Medicine and Duke Diet and Fitness Center. Sasha has taught the Mindfulness-Based Stress Reduction and the Mindfulness Training for Professionals programs at Duke Integrative Medicine, and is the author of the book "Eating with Fierce Kindness: A Mindful and Compassionate Guide to Losing Weight." She has been teaching meditation workshops and retreats nationwide for over 30 years, and has led support groups and worked individually with many people struggling with their weight.

(photos by Arvin Balaraman, Dee Lutz)