



**Are you tired of dieting, yo-yo weight loss
or feeling bad about your body image?**



**Come along to a free
information session
3 March 11 - 12 am
or
5 March 7:30 - 8:30 pm**

A yoga based programme towards mindful eating.



Phone, email or sign up at the info session

Call Paula: 0748 483 9238
Info@paulacharnley.com
www.paulacharnley.com
Facebook.com/paulacharnley-
Shiatsu-Counselling-Yoga

**4 week course
starts 10 March
12: 1:15pm
Fee: £28**

what you will learn in the sessions -

- yoga postures and breathing to support your digestive system
- meditation & visualisation to get in touch with your feelings around food and the stressors that lead to overeating
- to share and reflect on your own own experiences

**Location: Methodist Church Hall (upstairs)
Market Place, Buxton SK17 6HX**