

# Yoga for Mindful Eating

## 8-week Series with Diana Cullum-Dugan



WE CANNOT CHANGE  
ANYTHING UNTIL WE  
ACCEPT IT.

— CARL G. JUNG

**Your body is fueled by the  
fruits of the Earth.**

So, it is important to make appropriate food choices to establish and deepen your commitment to your well-being and weight – and to your yoga practice. These choices then join to develop energetic action and balance in life.

**“When you change the way you look at  
things, the things you look at change.”**

~ Wayne Dyer

**Join Diana Cullum-Dugan** RD LDN RYT, registered dietitian and Anusara-Inspired yoga teacher for an 8-week journey in making peace with food. You will identify deep-seated internal patterns that do not align with your conscious goals. Awaken to your inner and outer beauty – through balanced and enjoyable eating.

- Explore Your Lifestyle – Changing Perception
- Internal Awareness – Emotional Eating
- Conscious Eating – Be in the Moment
- Healing Meditation Practices
- Change Strategies and Resistance
- Attachment and Aversion: Practicing Moderation
- What Do I Really Need? A Healthy Weight Lifestyle
- Trigger Foods, Hunger and Fullness

**8-weeks ~ 1/27-3/24** (no class 2/17)

**Tues. 10:45am-12:10pm**

**\$140**

**Pre-register: [info@ldyoga.com](mailto:info@ldyoga.com)**

**Details: [www.ldyoga.com](http://www.ldyoga.com)**



**Laughing Dog Yoga**



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