

## Outline

**There are 5 Sessions as part of this program**

**Session 1: Understanding the mindful approach to lifestyle change. Introduction to skills**

**Session 2: Understanding why our mind may sabotage our attempts and how to work with it. Understanding our triggers.**

**Session 3: Learning how to manage urges/cravings. Skill training using mindfulness skills.**

**Session 4: Exploring sabotage patterns around lifestyle change and how to use exercise to help.**

**Session 5: Developing a maintenance plan moving forward—planning for stress**



**Elise Wald  
MA Psych (Health) MAPS  
Clinical Psychologist & Director**

Elise has a passion for facilitating growth, developing strengths and working with motivation. She is particularly interested in the field of mindfulness and wellbeing. Her interests are chronic health & behaviour change, grief and sleep psychology. She works with Mindfulness, CBT, ACT and Positive Psychology. Elise works with adolescents and adults in mindfulness classes.

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MINDFUL EATING  
A Journey to a more  
“Mindful Me”

Conscious Aware Living



*Embodying  
Mindfulness to assist  
to create the life you  
want*



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## Conscious Mindful Eating and Lifestyle choices for Everyday Living

This course is designed to deepen your awareness and provide tools to assist you in your journey of adopting a lifestyle of choice. It is specifically aimed at teaching you the technique of becoming mindful of how, why and what you eat in a way that will allow you to take more control of urges and cravings. Our eating often represents a mindless habit that when we attempt to change it can result in us feeling we have to go on "diet" and we tend to become over-focused on food. Most times when we embark on a change in our habits we don't really know how to work with our psyche to help prevent it from wanting to sabotage the process. This whole process can leave us feeling quite disempowered.

A Mindful approach will empower you to become more aware with compassion of your patterns in a way that allows you to take control and reduce or eliminate the effects of sabotage.

**Course Duration:** The course takes place over 5 class sessions of 1.5 hours each.

The course is one of learning from each other and applying mindfulness principles to daily life. It is limited to a maximum of 10 group members only. Each participant receives a mindfulness journal to document their journey.



Time is given for mindful practice and reflection.

### **When:**

Classes are held either on a Saturday morning 10:30am-12:00pm or a Tuesday morning 11:00am-12:30pm. The classes are informal presented in a comfortable and collaborative environment. If this time does not suit you, please talk to us about possible options.

The aim of the classes is to leave you feeling empowered in your approach to a healthy lifestyle. You will also become more understanding of your triggers and develop tools and skills to assist yourself in your intention.

To receive the maximum benefit you are encouraged to attend all 5 classes and partake in the exercises to develop your skill.

**Cost:** The cost of each class is \$50.00 payable at each class. If you have a Mental Health Plan a Medicare rebate of \$31.65 is applicable per class. If you wish to pay for all 5 classes upfront a discounted bulk rate of \$225.00 is offered.

\*PLEASE NOTE: If you miss a class due to unforeseen circumstances, whilst every effort is made to assist in making up the class it may not always be possible. Please also note that unfortunately no refunds will be made for any classes paid for and missed and Medicare cannot be claimed for unattended classes.

### **Ongoing Meditation sessions:**

We would love to welcome you to join our guided meditation on a Saturday morning at 9:15am to 9:45am and feel free to stay for a cuppa. Cost gold coin donation per session to our current charity.

### **Monthly Mindfulness Evenings:**

Join us for a delish healthy vegetarian dinner, a talk/open discussion on mindfulness and a relaxation meditation. Anyone welcome. \$30 per head. See our website for dates and booking. Alternatively call 9034 3380 for more details.

