

Healing Your Body through Mindfulness Practices

- Learn mindful eating to improve health and lose weight
- Quit stressing about food
- Discover the joy in refreshing movement
- Learn how to nourish your body with simple and delicious nutrition.
- Increase peace and relaxation in your life
- Learn to breathe and meditate, and to relax and center your body.

Details:

Sunday, November 11, 2018 from 10 - 4

Cost \$129. A fabulous lunch will be prepared, demoed and served.

Details will be sent to you upon registration

This interactive event will be held in Brentwood, CA

"The subject matter, the flow, the instructor, the meal, the content, the environment... all fabulous!" Leslie Sosnick, workshop attendee

ASL Interpreted

This workshop is limited to ten people.

Click here to pay via PayPal
(<https://goo.gl/HHuVoQ>)



Contact Rosie to pay by check

No refunds after 7 days
prior to this event.

Venmo accepted.
Venmo @rosie-bank

650-740-9500
rosie@rosiebank.com
www.RosieBank.com



Rosie Bank is a Board Certified Integrative Nutrition Health Coach. She has been helping people live more successfully in their bodies since the mid 1970's. She is the author of *Health Matters*, a graduate of the Institute for Integrative Nutrition, a Certified Nutrition and Wellness Consultant and a Sanoviv Nutrition Advisor. Rosie has led countless individuals and groups to discover a life of lasting vitality. She is a graduate of the Rolf Institute, the Iyengar Institute, and practiced and taught body therapy and yoga for over thirty years. Rosie leads her clients to fall in love with food that is good for them and to honor their bodies through good nutrition, refreshing movement, and increasing peace and harmony in their lives.