



ACCEPTING YOUR BODY'S WISDOM

NUTRITION, YOGA, & BODY IMAGE

In this cutting-edge workshop you will learn:

- To enjoy food and honor your hunger
- To eat and move intuitively
- Benefits and strategies for mindful eating
- To break free from the cycle of emotional eating
- To improve your relationship with your body



Elisa Mott, Ed.S, NCC, RYT, Elisa integrates the healing modalities of yoga, Pilates, Reiki, and creative movement to support her clients in achieving balance, wholeness and satisfaction in their bodies and lives. Elisa specializes in eating disorders and body image issues and leads daily healing yoga classes. Elisa has an Education Specialist degree and a

Certificate in Spirituality and Health. She is a wellness coach, published author and national speaker on yoga, eating disorders and body image.

Jill Daniels MS, RD, CSSD, Jill has helped thousands of people improve their eating habits, increase energy levels, and create a peaceful relationship with food. She brings a wonderful mix of counseling skills to the nutritionist role, helping people resolve issues that restrict them from implementing nutrition information. With a non-diet approach to weight loss, Jill will help you break free from old habits and establish new patterns that will help you feel your best. She has a Master's Degree in Nutritional Science and is a certified Intuitive Eating counselor.



"I learned to stop beating myself up after indulging..."

"I loved the feeling of community, knowing others go through the same struggles"

"I learned to dig deep, find out what I really need and give that to myself instead of mindlessly eating"

**Saturday &
Sunday**

October 3th & 4th

1:30-6pm

\$175 for the weekend

Discounted to \$150

if registered before

Sept. 26th

Pre-registration is

required

DOWNTOWN YOGA

220 B Division Street

Pleasanton, CA

www.pleasantonyoga.com

