



The Compassion Foundation of Ireland

The Psychology of Compassionate Eating

Make Peace with Food

Six week programme

Mondays 19:00 – 21:30 hours

January 13th – February 17th 2014

Dowdstown House, Navan

Euros 180

Places strictly limited

Booking 0872325832

Don't let cost stand between you & peaceful eating. Subsidised places available. Phone if you would like to attend but require a cost reduction.

- **Science of Compassion**
- **Recover the natural wisdom of intuitive eating**
- **Give up dieting**
- **Explore food myths**
- **Distinguish Physical from Emotional Hunger**
- **Mindful Eating**
- **Learn to manage triggers**
- **Guest lecturer dietician specialising in plant based diets, Gosia Desmond BSc, MA, MSc, PhD candidate**
- **Consider the implications of our food choices for ourselves, others and the planet**
- **Live in peace & harmony with yourself & all of life**

www.thecompassionfoundation.org