



# MINDFUL EATING



## COACHING PROGRAMMES



## MINDFUL EATING coaching programmes



MINDFUL EATING coaching with Chelvi will help you;

- » Stop yo-yo dieting & unhealthy lifestyle choices.
- » Stop **emotional eating** by learning strategies for letting go of painful emotions and unresolved trauma.
- » Stop the over eat, starve, guilt and shame cycle.
- » Heal your relationship with your body.
- » Learn new ways of tuning into your body to meet it's need for nourishment and pleasure.

Coaching options available:

- » One to one MINDFUL EATING coaching (on-line/in person)
- » Group MINDFUL EATING coaching (on-line/in person)
- » One off HEAL YOUR EMOTIONAL EATING and MINDFUL EATING workshops.

Call Chelvi, a MINDFUL EATING expert for a FREE ½ hour consultation.



**07812248316**

**[www.healthymindsetproject.com](http://www.healthymindsetproject.com)**  
**[healemotionaleating@gmail.com](mailto:healemotionaleating@gmail.com)**

**Mindful Eating expert**  
**Chelvi Mailvaganan**