



Eat Mindfully, Live Vibrantly

Mindful Eating Virtual Retreat

Friday - Sunday, June 18 - 20, 2021

Facilitated by Michelle May, M.D.

(Author of the *Eat What You Love, Love What You Eat* book series)



BONUS!
Free Support
Community
Membership
See page 4

<https://amihungry.com/eat-mindfully-live-vibrantly-retreat>

Eat Mindfully, Live Vibrantly!

Have you struggled with eating, dieting, or body image? Do you wish you could just be at peace with food? Would you like to have more time in your day to live - instead of obsessing about what you eat? Do you want to invest more of your energy in creating the life you crave? Do you need a break to focus on yourself for a change?

Retreat from your busy life to dig deep and explore mindful eating and vibrant living. Join us in nourishing body, mind, heart, and spirit.

Nourish the vibrant life you crave!

- Learn how to use the Am I Hungry? Mindful Eating Cycle for deciding when, what, how, and how much to eat, and where to invest your energy.
- Experience the pleasure of eating the foods you love without fear or guilt.
- Discover the joy and rewards of moving your body mindfully.
- Set your intention to increase your health, energy, and appetite for life.
- Nurture your whole self and create a self-care buffer zone!



Your Personal Guide

Michelle May, M.D., the author of the book series *Eat What You Love, Love What You Eat*, founder of the Am I Hungry? Mindful Eating Programs and Training, and an experienced virtual presenter, will guide you to eat mindfully and live vibrantly.



Your virtual retreat activities:

- Our Virtual Retreat begins Friday evening, June 18th and ends Sunday afternoon, June 20th, 2021 (see draft schedule next).
- The retreat will take place on the Zoom meeting platform which allows for video, discussion, chat, and break-out groups, making it easy to recreate the in-person retreat experience—without the travel time and expense!
- You can expect engaging retreat activities, break-out groups, time for connection with others, guided mindful eating experiences, and time to get your questions answered.
- We'll do everything in our power to make sure you have fun, learn a lot, and most important, transform the way you think about food!



"I can't think of a single person who wouldn't benefit. Gift yourself with this!"

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Am I Hungry? Mindful Eating Virtual Retreat

(DRAFT Schedule)

Friday June 18, 2021

5:00-5:30 pm* Welcome and Introductions

5:30-7:00 pm* In Charge, Not In Control

Saturday June 19, 2021

9:00-10:00 am* Trust Your Body Wisdom

10:00-11:00 am* I'm Not Hungry; What Now?

11:00-12:00 am* Fearless Eating

12:00-1:00 pm* Guided Mindful Eating Experience

1:00-2:00 pm* Just Right

Sunday June 20, 2021

9:00-10:00 am* Change Your Mind

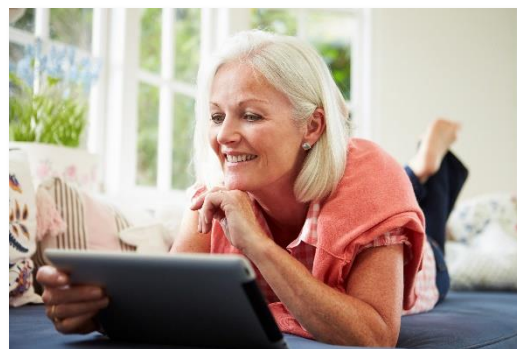
10:00-11:00 am* Decoding Your Emotions

11:00-12:00 am* Love, Your Body

12:00-1:00 pm* Guided Mindful Meal

1:00-2:00 pm* Build a Self-Care Buffer Zone

*All times are listed in PST. Use this [Time Zone Converter](#) to check the times in your area.



"This is unlike any plan for living well that you've ever encountered—it's not a diet, it's about living the life you deserve!"

"This was a profound experience. I have been to retreats before but this far surpassed my expectations. I would recommend giving this gift to yourself. It restores your mind, body, and spirit."

"If you want peace and to re-learn to trust yourself around food, you should invest in yourself."

"It will really help you, whatever your issues with food. Don't waste your time on other things. Just go."

Virtual Retreat Registration

Your virtual retreat includes:

- Am I Hungry? Mindful Eating Virtual Workshops and activities with founder Michelle May MD.
- Password access to www.AmIHungry.net, our private Member Portal, virtual coach, online journal, and more—before and after retreat!
- Surprise tools to support your retreat lessons. (Please note: Books are not included but you will have an opportunity to order them with free shipping.)
- **BONUS!** Membership in our Mindful Eating Support Community! After the retreat, you'll be enrolled as a Level 2 member for one month and we will waive the Enrollment Fee – **a value of \$169.95!**



Your investment for the Virtual Retreat (12 hours), support tools, and BONUS membership in our Mindful Eating Support community is \$449.

Early bird rate is just \$349! SAVE \$100 if you register before June 7th!

Hurry! We must limit the number of participants for an optimal experience.

[Reserve my seat in the Virtual Retreat!](#)

Registration is non-refundable after 6/7/2021; however, 50% of the fee may be applied to other products, services, or events Am I Hungry? offers.

Questions?

For questions, please email us at Training@AmIHungry.com with your contact info and questions with "Am I Hungry? Virtual Retreat" in the subject line or call 480-704-7811 ext. 301.

"The Am I Hungry? Retreat is more than worth the investment of time and money. It will change the way you relate to food and enhance the rest of your life."

"It is absolutely worth it. You are worth it."

"This is a positive, revolutionary way to change your relationship with food and eating so you can live the life you want!"