



Eat Mindfully, Live Vibrantly

Virtual Retreat

Saturday - Sunday, August 26 - 27, 2023

Facilitated by Michelle May, M.D.

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



BONUS!
Group Coaching
session after
the retreat!
See page 4

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

Never diet again!

Have you struggled with emotional eating, chronic dieting, or negative body image? What if you could be at peace with food? Imagine having more time in your day to *live* - instead of obsessing about what you eat. What might happen if you could invest more of your energy in creating the life you crave?

Take 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 to nourish your body, mind, heart, and spirit!

Nourish the vibrant life you crave!

- Learn how to make decisions about food that don't require you to look anything up or write anything down.
- Eat the foods you love without losing control or feeling guilty.
- Love the foods you eat – mindfully and joyfully - without paying penance with extra exercise or future deprivation.
- Discover how to meet your emotional needs without turning to food all the time.
- Nurture your whole self and create a self-care buffer zone to increase your health, energy, and appetite for life!



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 facilitator, will guide you to eat mindfully and live vibrantly.



Your virtual retreat activities:

- 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.
- Our Virtual Retreat begins Saturday, August 26th, 2023 at 8:00am Pacific and ends Sunday, August 27th at 2:00 pm. Take a look at the draft schedule on the next page!
- 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!
- 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!



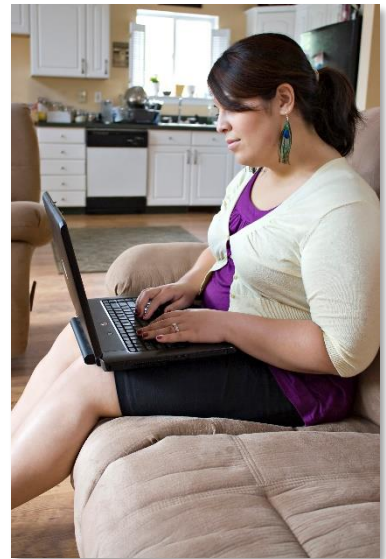
"I can't think of a single person who wouldn't benefit. Gift yourself with this!"

Eat Mindfully, Live Vibrantly Virtual Retreat

(DRAFT Schedule)

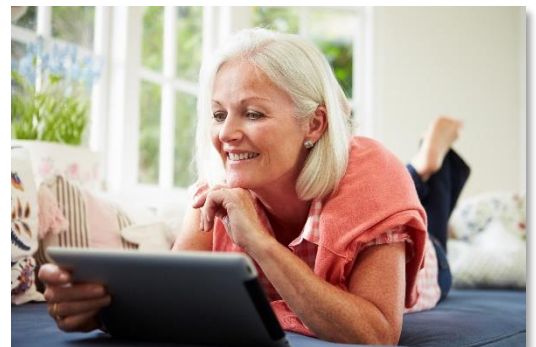
Saturday August 26, 2023

8:00-8:30 am*	Welcome and Introductions
8:30-10:00 am*	In Charge, Not In Control
10:00-11:00 am*	Trust Your Body Wisdom
11:00-12:00 pm*	I'm Not Hungry; What Now?
12:00-1:00 pm*	Guided Mindful Eating Experience
1:00-2:00 pm*	Fearless Eating
2:00-3:00 pm*	Just Right
3:00-4:00 pm	Optional "Happy Hour" (more details when you register)



Sunday August 27, 2023

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."

"It's really effective and worthwhile, particularly with the convenience and lesser cost. I thought the program was set up very well and all of concepts and teaching really resonated. I am finding myself still remembering and practicing what I learned."

Eat Mindfully, Live Vibrantly Retreat Registration

Your virtual retreat includes:

- Am I Hungry? Mindful Eating Virtual Workshops, activities, and guided mindful eating experiences 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!
- **BONUS!** Group Coaching session with Michelle following the retreat to continue your progress! Receive this bonus when you register by the Early Bird deadline, August 19, 2023.



Your investment: \$449

SAVE \$100 if you register before August 19th! Early bird rate is just \$349!

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

Reserve my seat in the Virtual Retreat!

Registration is non-refundable after 8/19/2023; 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!"

"I thought I was just going to learn how to know when I'm hungry and when I'm satisfied. I learned that I've got so many rules in my head about food and eating that are causing a lot of my confusion. It was a real eye-opener."

"The Am I Hungry? message is simple but powerful and the program is very comprehensive. It relates to you holistically as a person with emotional, physical, spiritual, and intellectual needs. It is so much more compassionate than any diet ever could be."

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