



# Mindful Eating and Yoga Virtual Retreat

Friday - Sunday, January 22-24, 2021

Facilitated by Michelle May, M.D.

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

Yoga Instructors:

Jessie Dwiggin and Dawn Hopkins



# Creating connection: Body, mind, heart, & spirit

Do you want to invest more of your energy creating the life you crave? Retreat with us to explore mindful eating, yoga, and vibrant living!

Mindful eating—eating with intention and attention—provides a practical, universal approach to decision-making without restriction, deprivation, or guilt. Yoga is a wonderful complement to the practice of mindful eating because simply put, practicing yoga is the art of listening to yourself. Working with the body through yoga connects you with your spirit, while unraveling the physical, mental, and emotional knots that bind you and blind you from your true nature.

This retreat weaves together the Am I Hungry?® mindful eating approach with yoga techniques to give participants a greater connection to their body, mind, heart, and spirit.

## What you'll learn...

- Practice using 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.
- Reconnect with the joy and rewards of moving your body mindfully.
- Use the awareness of your body in yoga to help interpret the nuances of hunger.
- Explore the subtle energies of your body and learn how they help you interpret the nuances of hunger and align vibrationally with food.
- Learn yoga poses that complement digestion.
- Cultivate a feeling of calm and comfort in your own body.
- Practice loving-kindness for yourself and what your body is capable of.
- Set your intention to increase your health, energy, and appetite for life.
- Nurture your whole self to create a self-care buffer zone!



## Begin where you are!

Prior experience with Am I Hungry? isn't necessary. This retreat is appropriate for all levels of yoga practitioners - from those who are early in their practice of yoga to those with an experienced practice. Together we will explore acceptance and learn to trust the process!

# Your virtual retreat includes...

## Am I Hungry? Mindful Eating Workshops

Throughout the retreat you'll participate in the interactive mindful eating workshops with Am I Hungry? Founder Michelle May, M.D. These eye-opening and life-changing topics are based on the Mindful Eating Cycle and will give you a whole new way to think about eating—and living!



## Daily Yoga\*

Each day you'll experience yoga practices to energize and restore your body, mind, heart, and spirit. The class themes enhance and embody the mindful eating concepts. Class instruction will offer modifications for explorer and experienced level practitioners, taught by Jessie Dwiggin E-RYT and Dawn Hopkins, E-RYT-500, Licensed Am I Hungry? Mindful Eating Facilitators.



\*Important! All activities are at your own risk! You will be required to sign a fitness waiver to participate. Please decide whether these activities are appropriate; see your personal physician for medical clearance if necessary.

## Your virtual retreat activities:

- Our Virtual Retreat begins Friday evening, January 22<sup>nd</sup> and ends Sunday afternoon, January 24<sup>th</sup>, 2021 (see draft schedule below).
- 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, time to get your questions answered, and live yoga classes.
- 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!
- Yoga Alliance Registered Yoga Teachers (RYTs) will receive 5 Continuing Education (CE) Contact Hours for completion of this course. Eligible content marked with †.



*"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."*

# Am I Hungry? Mindful Eating Virtual Retreat

(DRAFT Schedule)

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

## Friday, January 23, 2020

5:00-5:15 pm\* Welcome and Introductions

5:15-6:30 pm\* In Charge, Not In Control

6:45-7:45 pm\* Yoga for relaxation†

## Saturday, January 24, 2020

8:00-9:00 am\* Yoga†

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

2:00-3:00 pm\* Yoga†

## Sunday, January 25, 2020

8:00-9:00 am\* Yoga†

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

2:00-3:00 pm\* Yoga†



*"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."*



# Virtual Retreat Registration

## Your virtual retreat includes:

- Am I Hungry? Mindful Eating Virtual Workshops and activities with founder Michelle May MD.
- Five yoga classes
- Password access to [www.AmIHungry.net](http://www.AmIHungry.net), our private Member Portal, virtual coach, online journal, and more—before and after retreat!
- Surprise tools to support your retreat lessons.
- Yoga Alliance Registered Yoga Teachers (RYTs) will receive 5 Continuing Education (CE) Contact Hours for completion of this course. Eligible content marked with ‡.



Your investment for the Virtual Retreat (12 hours), five yoga classes, and support tools is \$449.

**Early bird rate is just \$349! SAVE \$100 if you register before January 8<sup>th</sup>!**

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

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

Registration is non-refundable after 1/8/2021; 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](mailto: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.

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

*"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!"*