



# The Practices of Mindful Eating & Healthy Living

## 4-Week Experiential Workshop

### Course Outline

#### Week 1

Cultivating mindfulness on a day-to-day basis.

#### Week 2

Bringing mindful changes to your eating behaviors.

#### Week 3

Bringing mindful changes to your body and physical movement.

#### Week 4

Making mindful consistent changes to health choices with eating behaviors and the body/physical movement

*Each class will include a significant component of mindfulness practice as well as instructional material.*

Exploring of the intersection of mindfulness, eating, food and physical health, this experiential training emphasizes engagement in formal and informal mindfulness meditation practices and eating awareness exercises as a means of bringing about significant changes in behavior, eating patterns and overall health.

The practice of present moment awareness (mindfulness) is at the heart of all aspects of healthy living, as it allows us to see clearly into the choices we make, the emotional reactions we have and the things that are most important to us. Because of the universal nature of mindfulness, while this workshop is focused upon food, eating and weight, the skills gained will apply to all aspects of life, including relationships, work, and physical health.

Participants will explore the joys and sorrows held in eating and food, the disconnects and communions, and the avoidance and cravings – all of which can be opportunities for more conscious, mindful living and eating. Participants will also explore the accomplishments and challenges held in meeting the body, the acceptance and resistance, and the trust and uncertainty- which are also opportunities for more conscious, mindful well-being and health.



Rochelle Voth, Ph.D., B.C.B.A., is a clinical psychologist in private practice in San Diego. Rochelle leads programs in Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBCT), Mindfulness-Based Eating and Mindful Parenting. She has facilitated professional trainings in MBCT and Mindfulness Based Eating. In addition, Rochelle works with families of developmentally delayed children/adults, as well as treating adults struggling with eating disorders, depression, anxiety, and PTSD.

**Four 90-Minute Weekly Sessions Offered in Two Locations**

**Registration Fee is \$275 and Includes Guided Audio Files and Handouts**

***\$50 Early Bird Discount If You Register More Than 30 Days in Advance***



**Hillcrest/Central San Diego  
New Mindful Life**

625 Pennsylvania Avenue, San Diego 92103  
**619-261-8510**

**Register Today:** [www.newmindfullife.com](http://www.newmindfullife.com)  
**August 11 to September 1, 6 to 7:30 pm**  
**October 6 to October 27, 6 to 7:30 pm**



**UCSD/University City  
UCSD Center  
for Mindfulness**

5060 Shoreham Place, Suite 200, San Diego 92122  
**858-334-4633**

**Register Today:** <http://mindfulness.ucsd.edu>  
**July 14 to August 4, 6 to 7:30 pm**  
**September 8 to September 29, 6 to 7:30 pm**