

Mindful Eating

This 4 week program will transform how you eat forever.



The Mindful Center

Available on your smart phone, tablet, or desktop.

Have you tried countless diet programs with little to no success?

Michelle DuVall, MA delivers her one-of-a-kind Mindful Eating program that she's been teaching students at the University of NM for the past 15+ years with astonishing results. For 4 weeks, each week you will receive a new series of video training modules as well as downloadable guided meditations to start and sustain your practice. You will also receive weekly assignments designed to develop your practice. Use these easy to integrate instructions and real life examples to truly turn your relationship with food into a mindful healthy practice.



YOUR GUIDE

Michelle DuVal, MA, is the leading provider of Mindfulness Training in the Southwest United States. Her skill in teaching comes not only from her training with the top meditation masters in the world, but also from her father, who started The Mindful Center more than 25 years ago after meditation literally saved his life and he responded to the powerful need to share the practice with others. All of her programs are evidence based, steeped in research, and skillfully interweave the profundity of the practice and the humor of insight every step of the way.



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with your smartphone or visit:

<https://themindful-e-center.com/courses/307/enroll>



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