

# Reconnect with Food<sup>®</sup>



Helping people explore their relationship with food, body image and emotions

## Yoga and Group Support led by Beverly Price, Registered Dietitian, Exercise Physiologist and Registered Yoga Teacher

For individuals interested in exploring their relationship  
with food, body image and emotions

### By participating in this unique yoga support program, you will learn how to:

Discover your roots and messages contributing to your thought process  
~ Delay impulses ~ Enjoy your body ~ Eat mindfully ~ Heal negative body  
image and develop self-acceptance ~ Avoid using food or starvation to  
numb your emotions ~ Integrate techniques into your daily yoga practice  
~ Let your spirituality unfold

**Beverly Price**, RD, MA, RYT is a  
seasoned Registered Dietitian and  
Exercise Physiologist who is nationally  
recognized for her distinctive approach to  
yoga and eating disorder recovery. Beverly  
blends mindful and conscious eating with  
yoga in her private practice located in  
Royal Oak, Michigan.

**This is the only program  
of its kind in town!**



**Beverly is available for individual consultations**

## Wednesdays in 2010 - March 17, 24, 31, April 7, 14, 21, and 28

**7:00 – 9:00 p.m.**

**Inner Door Center**  
317 E. Eleven Mile Rd.  
Royal Oak, MI 48067

SCHEDULE SUBJECT TO CHANGE SO PLEASE CALL IN ADVANCE

**"The sharing of thoughts and the questions Beverly presented were  
thought provoking and allowed us to open up to one another. The  
group of women that made up this class were committed to sharing  
themselves and that feeling was contagious." - Janice.S.**

*This is a weekly program that must be enrolled and paid for as a series.  
However, if you cannot make all sessions, please come to as many as you can as you will benefit and enjoy.*

**Pre-registration required. Cost: \$195 for 7 classes and increases to \$215 10 days prior to program.**

Bring paper and pen/pencil along with a mat and towel to practice yoga -- and dress comfortably!

REGISTRATION FORM

Check enclosed

Please make checks out to:

**Jump Start® Consulting, LLC**  
Inner Door Center  
317 E. Eleven Mile Rd.  
Royal Oak, MI 48067  
or FAX to (248) 542-9938

**No refunds or exchanges at any time**

Name: \_\_\_\_\_ Billing Address: \_\_\_\_\_

Home (\_\_\_\_) \_\_\_\_\_ Alt (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

### Payment Method

CHECK  VISA  MASTERCARD  AMEX  Discover

### MEDIA RELEASE:

Unless checked here, your signature below serves as permission  
for us to use photographs and comments in which you may be featured.

ACCOUNT # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

CARDHOLDER'S SIGNATURE \_\_\_\_\_

PRINT NAME \_\_\_\_\_

**(248) 336-2868**

**www.reconnectwithfood.com**