

Facilitators:

Chan Huy, M.Sc., CPC, a senior dharma teacher in Thich Nhat Hanh tradition, founder of the Montreal Mindfulness Practice Center and of the Montreal Institute of Applied Mindfulness has given talks and led workshops and retreats on Mindful Eating in Montréal, Trois-Rivières, Austin (Texas), Pittsburgh (PA), Miami (Florida). In 2012, Chan Huy will also offer this teaching in Deer Park Monastery (Escondido, California) and at the European Institute of Applied Buddhism in Germany.

Millaray Sanchez, MD is a family doctor in Ottawa who has been practicing mindfulness in Thich Nhat Hanh tradition for many years. She teaches at the University of Ottawa, promotes Mindful Medical Practice and is interested in incorporating mindfulness into the medical curriculum.

Laureen Osborne has been a vegetarian since 1982. She is the author of 'Vegetarian for a Day', a cookbook encouraging people to eat vegetarian one day a week.

She has been a mindfulness practitioner since 2004.

The Institute of Applied Mindfulness (IPCA) of Montreal offers comprehensive practical training in order to apply mindfulness to all levels of daily life and relieve suffering, promote peace and happiness in ourselves, in our families, our communities and around the world.

Our program is inspired by our "Big Brother", the [Institutes of Applied Buddhism in Europe](#) and [Asia](#) with whom we work closely.

Courses are open to all who wish to improve the quality of their own lives and those of their families and communities and students of any—or no—religious background can benefit from learning them and putting them into practice.

www.ipcamiam.homestead.com

Mindful Coaching Clinic
6000 Ch de la Côte-des-Neiges
Montreal, QC H3S 1Z8

Mindful Eating for Health & Well-Being

7 week Workshop



www.mindfulcoachingclinic.com

What is 'Mindful Eating'?

Mindful eating involves paying full attention to the experience of eating and drinking, both inside and outside the body. We pay attention to the colours, smells, textures, flavours, temperatures, and even the sounds (crunch!) of our food. We pay attention to the experience of the body. Where in the body do we feel hunger? Where do we feel satisfaction? What does half-full feel like, or three quarters full? We also pay attention to



the mind. While avoiding judgement or criticism, we watch when the mind gets distracted, pulled away from full attention to what we are eating or drinking. We

watch the impulses that arise after we've taken a few sips or bites: to grab a book, to turn on the TV, to call someone on our cell phone, or to do a web search on some interesting subject. We notice the impulse and return to just eating.

We notice how eating affects our mood and how our emotions like anxiety influence our eating. Gradually we regain the sense of ease and freedom with eating that we had in childhood. It is our natural birthright.

Workshop Outline*

Each week we will begin by a short meditation to allow ourselves to be fully present. This will be followed by a presentation and group discussion. You will be given material for home reflection and study.

Week 1:

Introduction to weekly course structure

Introductions

Review confidentiality and sharing practices

Practical skill: Practicing Mindful Eating

Week 2:

Using meditation to improve mindfulness

Practical skill: mindfulness meditation and walking meditation

Week 3

Why do we overeat?

The food industry

Loving Kindness

Practical skill: Stomach Fullness Meditation

Week 4

Habit Energies

The Four Nutriments, eating habits

Practical skill: mindful breathing exercises

Week 5

Dealing with Stress

Exercise

Present Moment

Practical skill: Mindful Breathing: observing our anger, stress and our reaction to stress

Week 6

Nourishment & Healing

Kinds of hunger, plan your meals, nutrition

Practical skill: Deep Relaxation

Week 7

Impermanence: who you are is not changeless (brain and behaviour can be altered),

Practical skill: Loving Kindness Body Scan

Workshop evaluation

Review what we have learned

Collect evaluations

The Mindfulness Community

Practical skill: Self-Acceptance Meditation

* Subject to change without notice.

For further information:

Email: Laureenosborne@rogers.com

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