



"EAT WITHOUT RULES" WORKSHOP DETAILED CURRICULUM



START WITH THE BASICS

WEEK 1

- Mindless eating
- What kind of mindless eater are you?
- Understanding the real meaning of "Mindful Eating"
- Benefits of mindful eating
- Tranquil Art

WEEK 2

UNDERSTANDING YOUR HUNGER MECHANISMS

- Skills of a mindful eater
- Types of hunger
- Tranquil Art

WEEK 3

KEEPING YOUR ENVIRONMENT IN CHECK

- Creating a mindful environment
- Tranquil Art

WEEK 4

SHIFTING FROM A JUDGEMENT PERSPECTIVE

- From judgement to acceptance
- Tranquil Art





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WEEK 5

MINDFUL EATING OR INTUITIVE EATING - THAT IS THE QUESTION?

- Mindful Eating Vs Intuitive eating
 - Tranquil Art
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WEEK 6

BEING MORE AWARE OF YOUR EATING HABITS

- Guidelines for mindful eating
 - Awareness & observation
 - Tranquil Art
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WEEK 7

GETTING INTO ACTION

- Are you ready for mindful eating?
 - Stages of how to eat mindfully
 - Tranquil Art
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WEEK 8

ACCEPTING YOURSELF AS YOU ARE

- Health at every size
- Recovering from a relapse
- Access to online resources & next steps
- Tranquil Art

