



I'm an Emotional Eater, Now What? Workshop

SAMPLE | FRIDAY AFTERNOON - SUNDAY LUNCH

FR I D A Y

1:00-4:00 PM	Arrival, Check-in
4:15-6:00 PM	Weekend/Green Mountain Orientation Green Mountain Foundations
6:00-7:00 PM	Dinner
7:00-8:00 PM	The Pathway: Understanding Your Eating

S A T U R D A Y

7:15 AM	Embodied Practice - Energy Flow
8:00 AM	Breakfast
9:00 AM	Fireside Chat
10:30 AM	"My Favorite Things"
12:15 PM	Lunch
1:15 PM	"Needs, What Needs?"
2:30 PM	Self-Compassion
3:45 PM	Snack "It's Just Cake"
4:45 PM	Habits: The Neuroscience of Change
6:00 PM	Mindful Dinner - Silent (Blindfold Optional)
7:15 PM	Embodied Practice - Candlelight Yoga

S U N D A Y

7:15 AM	Embodied Practice - Drumming Fun
8:00 AM	Breakfast
9:00 AM	The Lookout: Fear and Change
10:00 AM	What is Support?
11:00 AM	Closing Circle
12:15 PM	Lunch

Green Mountain at Fox Run's Women's Center for Binge and Emotional Eating

Green Mountain at Fox Run
262 Fox Lane, Ludlow, VT 05149

802-228-8885

Changes Store Hours:

Friday 4:15-5:45pm
Sunday: 1:00-2:00pm