



# SEVEN-WEEK SERIES



# EVERY **BODY** DESERVES LOVE



Yet many of us don't love our own:

“Do I look  
**fat** in this?”

“I can't  
believe I'm  
going **grey**.”

“My belly is  
**disgusting**.”

**EAT BREATHE THRIVE HELPS PEOPLE BUILD SKILLS FOR MINDFUL EATING, EMOTIONAL RESILIENCE, AND BODY CONFIDENCE.**

“Yoga can be a game-changer in healthcare. As a complementary modality, research suggests it can prevent and even reduce symptoms in a wide array of conditions. As a healing practice, yoga empowers individuals with practical tools to care for their mental and physical health. It’s so much more than physical exercise — it can help people learn to eat mindfully, cope with difficult emotions, and feel at ease in their own skin.”

**CHELSEA ROFF**, FOUNDER AND DIRECTOR OF EAT BREATHE THRIVE



# ABOUT US

## MISSION

Eat Breathe Thrive is a nonprofit organization that aims to prevent and help individuals recover from eating disorders. Our mission is to provide skills and resources for mindful eating, emotional resilience, and positive embodiment.

## OUR CURRICULUM

Our curriculum combines yoga, psychoeducation, and community support to help people eat mindfully, build resilience, and feel better in their bodies.



### FELLOWSHIP AND COMMUNITY

The live format of this course allows students to connect with a small group to support them along their journey to mental, physical, and emotional wellness.



### YOGA FOR EVERY BODY

Each session of the course includes a short yoga and meditation practice, designed specifically to support recovery body awareness, emotional wellbeing, and physical vitality.



### EVIDENCE-BASED APPROACH \*

Students learn practical tools from neuroscience, psychology, and movement science to help them build skills for mindful eating, emotional resilience, and body confidence.

\* Our curriculum has been the subject of four research studies, including two randomized controlled trials. More information at [www.eatbreathethrive.org/research](http://www.eatbreathethrive.org/research)

## WHAT GRADUATES ARE SAYING

“Yesterday was my first time connecting with other people who are in similar situations. For once I felt I was listened to as a HUMAN and not as a number. Yesterday, I linked with eight wonderful individuals. Thank you for helping me to begin this journey — thank you for believing in me.”

**T.**

“I found the course to be informative, educational, organised, fun and, most importantly, kind. The group was friendly and the discussions were enlightening. The yoga practices were simply wonderful and the facilitator was superb. I would thoroughly recommend the course, as I benefitted from it tremendously.”

**V.**

## WHAT FACILITATORS ARE SAYING

“Eat Breathe Thrive presents information about the nervous system, mindfulness, movement and yoga in such a simple structured way. At the same time, the activities have a depth that is hard to come by. The curriculum offers simple yet rich information for participants.”

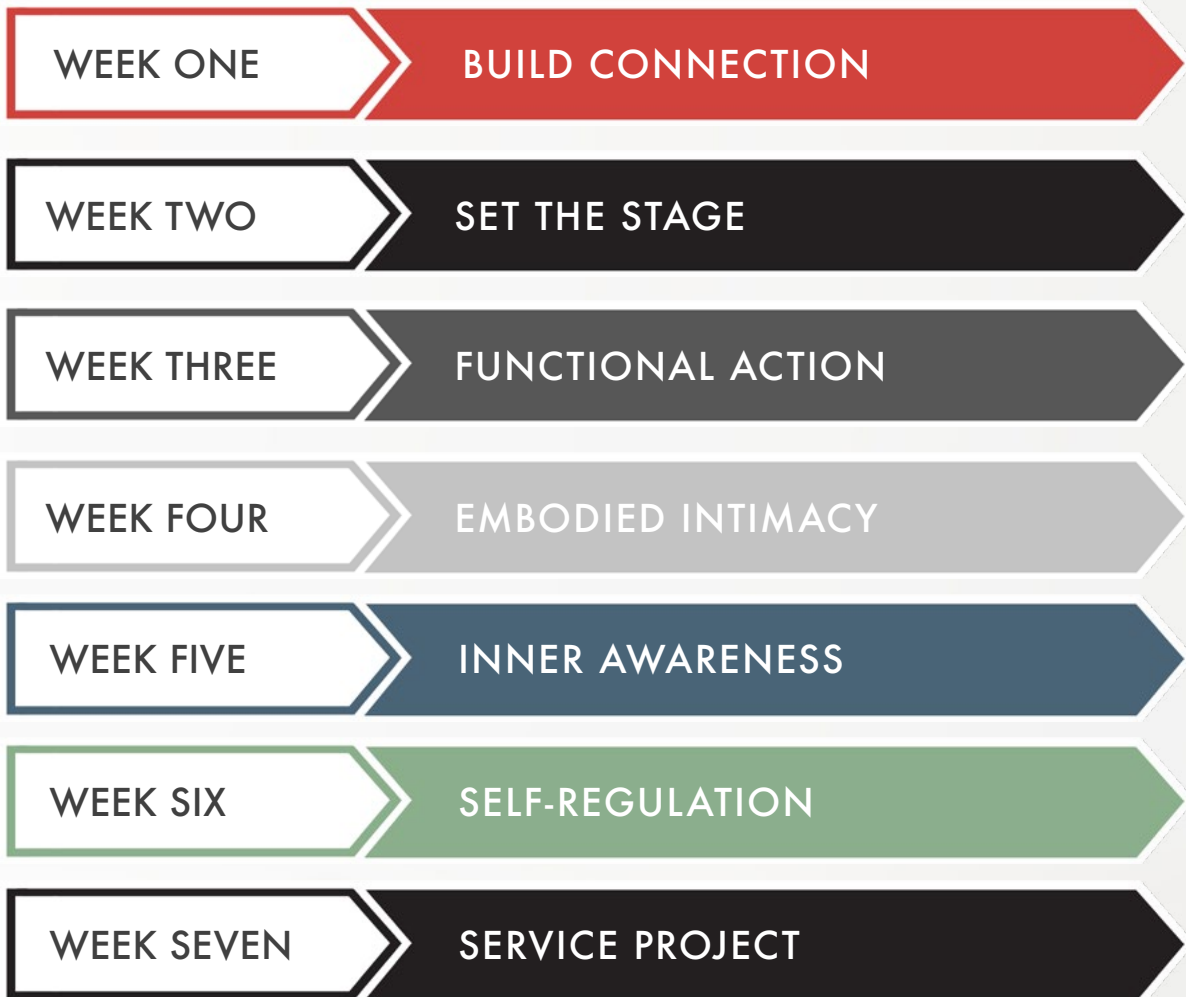
**MAYRA, BODY INTEGRATION PRACTITIONER**

“Eat Breathe Thrive beautifully integrates and builds trust in one’s own embodiment, intuition and emotional intelligence and THEN backs the experience with evidence based research. I am so proud to be part of such an amazing organization.”

**LARA, YOGA TEACHER & REGISTERED NURSE**

# ABOUT THE COURSE

## CURRICULUM AT-A-GLANCE



# COURSE CURRICULUM

## WEEK ONE: BUILD CONNECTION

**THEMES:** ▶ Interpersonal Relationships ▶ Trust and Safety

In the first session, participants will:

- ✓ Engage in a discussion about the biological, psychological, and sociocultural causes of eating disorders
- ✓ Participate in group activities designed to build trust, inspire self-reflection, and foster a safe and positive environment in the group
- ✓ Learn how to connect breath, movement, and awareness in a safe and accessible yoga and meditation practice

## WEEK TWO: SET THE STAGE

**THEMES:** ▶ Body Image ▶ Diet culture

In the second session, participants will:

- ✓ Engage in a discussion about the messages they receive from media, companies, and loved ones about how their body “should” look
- ✓ Participate in a group activity that encourages media literacy and critical thinking about negative body image messages
- ✓ Explore positive ways to inhabit the body and nourish oneself in a yoga and meditation practice

## WEEK THREE: FUNCTIONAL ACTION

**THEMES:** ▶ Eating Disorder Behaviors ▶ Mindful Self-Care

In the third session, participants will:

- ✓ Explore ways of eating, exercising, and making lifestyle changes that support physical and mental health
- ✓ Participate in a group activity that explores the physical, emotional, cognitive, social, and creative dimensions of health
- ✓ Explore functional movement and self care in a yoga and meditation practice

## WEEK FOUR: EMBODIED INTIMACY

**THEMES:** ▶ Mindful Self-Care ▶ Interpersonal Relationships ▶ Healthy Communication

In the fourth session, participants will:

- ✓ Explore the body as a vehicle for connection with self and others
- ✓ Engage in a group discussion about the meaning of intimacy and ways to cultivate meaningful, lasting relationships with others
- ✓ Explore ways to connect with themselves through a yoga and mindfulness practice

## WEEK FIVE: INNER AWARENESS

**THEMES:** ▶ Interoceptive Awareness ▶ Mindful Eating

In the fifth session, participants will:

- ✓ Learn to become more aware of and responsive to their body's needs through interoception
- ✓ Engage in a group activity on physical and emotional hunger cues, with an optional mindful meal during the session
- ✓ Explore ways to connect to sensations in the body through a gentle yoga and meditation practice

## WEEK SIX: SELF-REGULATION

**THEMES:** ▶ Depression and Anxiety ▶ Emotion Regulation

In the sixth session, participants will:

- ✓ Explore ways to shift states of depression and anxiety, and use the body to generate positive states of mind
- ✓ Discuss the autonomic nervous system and ways to activate the sympathetic and parasympathetic branches, respectively
- ✓ Explore a restorative yoga and guided meditation practice for deep relaxation

## WEEK SEVEN: SERVICE PROJECT

In the seventh session, participants will complete a service project activity and a closing ritual.