



*...freedom from the obsession
with food and weight*

**An invitation to go beneath the obsession with
dieting and body hatred,
and reclaim the sacredness
of your own body and internal wisdom**

- ❖ **develop understanding and compassion for your struggle with food and weight**
- ❖ **transform body hatred and shame into love and respect for your body**
- ❖ **learn natural cues of hunger and fullness, discovering the differences between emotional and physical hunger**
- ❖ **understand the emotional reasons underlying the behaviors**
- ❖ **explore ways to nurture yourself other than overeating, undereating, or obsessing about food and weight**
- ❖ **deepen your connection with your inner wisdom and spiritual self**

Drop In Support Groups

Weekly Ongoing Support Groups

One & Two Day Workshops

Beyond Hunger

*(415) 459-2270 *www.beyondhunger.org*

San Rafael

is dedicated to healing body hatred and disordered eating by providing prevention, education and support groups. Beyond Hunger's philosophy integrates intuitive eating, body acceptance and emotional intelligence.