

$$M = \frac{\text{Food} \times V}{\text{Pleasure}}$$

If you would like to eat whatever and how much you desire, without losing lightness in shape and movement, then this workshop experience is for you.

Conscious Eating: The Inner Game of Chewing provides a strategy to retrieve the original sense, by which every living being in nature lives; the sense which knows what supports life, what to eat and when to stop.

This inner knowledge might have been dimmed by the abundance of food and the hasty pace of our daily lives. It is one where, an experiential highlight is worth retrieving for a simple moment.

Like any movement habit, our personal style of chewing can become a fixated mechanical pattern of gestures and attitudes. This habit serves to conceal the addiction of losing control of eating.

We can learn to approach our loss of control not through the hard effort of conflict with our organism by discipline, but rather, through the ease of listening to our own awareness. It is our awareness that is able to identify the natural signal of satisfaction and spontaneously accept it.

Experimenting with guided options of non habitual ways of eating and moving offers the opportunity to detach from the indirect neuro-motor aspect of our individual habits. The learning environment awakens and restores trust in our inner compass. This inner compass knows how to navigate us to the authentic urge of balanced nourishment.

In this supportive, creative, fun workshop you will:

- Practice movement processes that optimize your eating and moving style
- Discover your organic signal of satisfaction
- Receive guidance to shift your movement coordination and its mirrored body image to its original liveliness
- Inspire your biological optimism of reclaiming the beauty and intelligence of your body

**Location**

Sheraton Colonial  
One Audubon Rd.  
Wakefield, MA.  
Exit 42 Rt. 95

**Reservation**

Ask for the Bones for Life  
Room Block  
888.627.7205

**Program \$375**

Oct. 16, 1- 7:30 PM  
Dinner 6 - 7:30 PM  
October 17, 10 - 4 PM  
Lunch 12:30 - 2 PM

**Deposit Due \$100  
June 22, 2009**

All fees due:  
September 4, 2009

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Checks written to:  
**Bones for Life**  
Gretchen Langner  
87 Pine St.  
Portland, ME. 04102

*Deposits are non-refundable. Refund of balance of up to one month before program, minus \$25 handling fee. No refunds after two weeks before program.*

For more information about this 2-day workshop on October 16 & 17, 2009 in Boston, contact:

**Gretchen Langner**  
langnerdzn@gwi.net  
Portland, Maine  
**(207) 774-9685**

We look forward to working with you.  
**www.bonesforlife.com**

*Conscious Eating*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Accommodation: \_\_\_ Single \$141.51 (includes all tax)

\_\_\_ Double \$70.76

Gretchen Langner  
87 Pine Street  
Portland, Maine 04102

The Inner Game of Chewing  
Healthy, Innocent, Authentic Eating  
& Moving as Nature Meant

# Conscious Eating

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## Conscious Eating

The Inner Game of Chewing

Healthy, Innocent, Authentic Eating  
& Moving as Nature Meant



Presented by Ruthy Alon  
Feldenkrais® Senior Trainer  
& Creator of Bones for Life®

The Movement Intelligence of Posture & Bone Strength