



Break Free NLP and Yoga

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Information Sheet on Weight Loss Workshop

Tried every diet around and still overweight? That's probably because you haven't dealt with the *real* reasons you over-eat, which are often emotional.

This workshop uses neuro-linguistic programming techniques to change the way you think about food. This workshop is sure to change your eating patterns and habits and get to the real reasons why you are overweight. This will make weight loss much easier and permanent. Get to the bottom of why you eat the way you do and change it forever!

The Break Free NLP and Yoga *Weight Loss Workshop* is three hours in length. It is designed to install a sensible eating strategy and to deal with those patterns and behaviours which sabotage eating well. Many people have lost touch with their body's natural mechanisms which tell them when they are hungry and when to stop eating.

Some of the specific topics that are dealt with include:

- how important your health is to you
- what food provides
- the importance of exercise
- listening to the body's signals about eating
- cravings
- dealing with the part of you that wants to keep eating when you're full
- messages which no longer serve you (eg. "eat everything on your plate")
- limiting beliefs about food
- negative emotions associated with food
- setting goals for losing weight.

As many people know, dieting is hard! However by installing eating patterns and behaviours which are sensible, your normal eating habits in the future will allow you to lose weight without having to go on diets.

Break Free NLP and Yoga *Weight Loss Workshops* are held regularly in various locations around Sydney. Please call Toni Payne on 0407 495 206 for further details.