



Saturday

- 9.30AM** COFFEE AND MEET & GREET
- 10.00AM** SESSION 1 ~ UNDERSTANDING YOUR EMOTIONAL EATING
- 11.15AM** BREAK
- 11.30AM** SESSION 2 ~ CREATING A LIFE WITHOUT EMOTIONAL EATING
- 1.00PM** LUNCH
- 2.00PM** SESSION 3 ~ SEEING YOUR BODY IN A DIFFERENT LIGHT
- 3.00PM** MINDFUL WALK IN GOLDEN ACRE PARK
- 3.30PM** BREAK
- 3.45PM** SESSION 4 ~ FEELING AMAZING IN YOUR CLOTHES
- 4.15PM** DAY 1 ROUND UP AND Q&A



Sunday

- 9.30AM** COFFEE AND Q & A
- 10.00AM** SESSION 1 ~ REMOVING YOUR DIET BAGGAGE
- 11.00AM** BREAK
- 11.15AM** SESSION 2 ~ MINDFUL & INTUITIVE EATING
- 12.30PM** LUNCH USING MINDFUL EATING
- 1.00PM** BREAK
- 2.00PM** SESSION 3 ~ INTEGRATING FOOD & EXERCISE AS SELF CARE
- 3.00PM** BREAK
- 3.15PM** SESSION 4 ~ MINDFULNESS, MEDITATION & JOURNALLING
- 3.45PM** GROUP MEDITATION & Q&A