

**BODYMIND WORKSHOP SERIES FOR
ADOLESCENTS & YOUNG ADULTS**

Body Positivity & Joyful Eating



***Saturday, 2 October, 2-4 pm
Chemin des Chalets 7, 1279
Chavannes-de-Bogis (VD)***

Cost: 80 CHF

To register or for more info:
therapywithbrinda@gmail.com
or call Brinda 079-730-8267



During stressful times, we often medicate our emotions with food, drink and other substances. Are you obsessing over what you eat or having negative thoughts about your body? Learn tools to regulate emotions and experience body positivity to start out the school year feeling good about your body and yourself!

*Enjoy nourishing your body,
not fearing food or fat!*

*Workshop in English, organized by BeautifulMind & MyKindMind
Chemin des Chalets 7, 1st floor, Bureau 04
1279 Chavannes-de-Bogis (Switzerland)
www.therapywithbrinda.com (Tel. +41 (0) 79 730 8267)*

Facilitators:

*Brinda Wachs, MA, Psychotherapist and Psychoanalyst,
& Corinna Sarronwala, Mindfulness Coach @ MyKindMind*



Social distancing and masks used as required.

