

Stop dieting and start living

Self-help group

- Do you eat or diet compulsively without ever reaching a point where you feel happy?

- Do you feel your body prevents you for attaining desired goals or aspirations? (finding a partner, socialising, landing your ideal job?)

- Are you tired of hating your body?

- Are you ready to experience a new and more loving way to relate to yourself?

If the answer is "yes" then join us for our weekly meetings in beautiful Sydney's Northern Beaches to begin your journey towards body love.

First meeting starts on

Saturday, August 25th at

10:00 AM

In North Curl Curl

(Exact location will be advised to attendees)

To book or for more information contact Jo on:

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Or visit

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Diets, food deprivation and compulsive eating disconnect us from the natural wisdom of our bodies and prevent us from living a fulfilling life.

Join us for a weekly group meeting to discuss and seek healing on issues related to body image, weight loss, food compulsion and self-esteem in a safe and supportive environment.

Through experiential exercises, diverse techniques and the transformative power of peer support we will explore the roots of our unhealthy patterns in relation to food and our bodies.

Let's embark together in the path towards self-acceptance and unconditional body love.

Cost: \$10 per session.

Advanced bookings required.



Paths Untravelled

Coaching & Self-Development