

## Facilitators:

**Chan Huy, M.Sc., CPC**, a senior dharma teacher in Thich Nhat Hanh tradition, founder of the Montreal Mindfulness Practice Center and of the Montreal Institute of Applied Mindfulness has given talks and led workshops and retreats on Mindful Eating in Montréal, Trois-Rivières, Austin (Texas), Pittsburgh (PA), Miami (Florida). In 2012, Chan Huy will also offer this teaching in Deer Park Monastery (Escondido, California) and at the European Institute of Applied Buddhism in Germany.

**Millaray Sanchez, MD** is a family doctor in Ottawa who has been practicing mindfulness in Thich Nhat Hanh tradition for many years. She teaches at the University of Ottawa, promotes Mindful Medical Practice and is interested in incorporating mindfulness into the medical curriculum.

**Laureen Osborne** has been a vegetarian since 1982. She is the author of 'Vegetarian for a Day', a cookbook encouraging people to eat vegetarian one day a week.

She has been a mindfulness practitioner since 2004.

## Chan Huy & Friends - Mindful Coaching

for Stress Reduction, Mindful Eating & Relationship Advice

**Mindful Coaching Clinic**  
15 Gannet Ave  
Ottawa, ON K1K 4T7

LOCATION:

# Mindful Eating for Health & Well- Being

8 week Workshop



[www.mindfulcoachingclinic.com](http://www.mindfulcoachingclinic.com)

# What is 'Mindful Eating'?

Mindful eating involves paying full attention to the experience of eating and drinking, both inside and outside the body. We pay attention to the colours, smells, textures, flavours, temperatures, and even the sounds (crunch!) of our food. We pay attention to the experience of the body. Where in the body do we feel hunger? Where do we feel satisfaction? What does half-full feel like, or three quarters full? We also pay attention to



the mind. While avoiding judgement or criticism, we watch when the mind gets distracted, pulled away from full attention

to what we are eating or drinking. We watch the impulses that arise after we've taken a few sips or bites: to grab a book, to turn on the TV, to call someone on our cell phone, or to do a web search on some interesting subject. We notice the impulse and return to just eating.

We notice how eating affects our mood and how our emotions like anxiety influence our eating. Gradually we regain the sense of ease and freedom with eating that we had in childhood. It is our natural birthright.

## Workshop Outline\*

Each week we will begin by a presentation followed by group discussion. You will be given information for home reflection and study.

Week 1:

### **Introduction to Mindfulness Concepts you will learn in the course**

Review confidentiality and sharing practices

Eating with others

Eating while distracted

Practical skill: Practicing Mindful Eating

Handout: Course binder, Practical Tips/Food Log

Week 2:

### **Using Meditation to improve mindfulness**

Practical skill: meditation

Week 3

### **Nourishment & Healing**

Practical skill: Meal Planning: setting yourself up to succeed

Eating a variety of foods not based on calories or dieting

Grocery shopping

2 plates

Snacking

Week 4

### **Habit Energies**

Attitudes towards food and eating

The effects of Media

Practical skill: 5 contemplations

Week 5

### **Dealing with Stress**

Exercise

Present Moment

Practical skill: Mindful Breathing, Deep Relaxation

Week 6

### **Why do we over eat?**

Using food as: distraction, reward, boredom

Recognizing the difference between real hunger and emotional hunger

I am not this body but I am this body's caretaker

Practical skill: Loving Kindness Body Scan

Week 7

**Impermanence:** who you are is not changeless (brain and behaviour can be altered),

Commitment to learning new skills,

Practical skill: mindful walking

Workshop evaluation

Week 8

### **Review what we have learned**

Collect evaluations

The Mindfulness Community

\* Subject to change without notice.

**Mindful Coaching Clinic**  
15 Gannet Ave  
Ottawa, ON K1K 4T7