

# Mindful Eating

## 4-Week Program

### Transform How You Eat Forever



The  
Mindful Center

## Want to learn how to meditate and practice mindfulness?

This is a one-of-a-kind Mindful Eating program delivered by Michelle DuVal, MA that she's been teaching for the past 15+ years with astonishing results. Each week you'll receive a series of video training modules and downloadable guided meditations to start and sustain your practice, as well as weekly assignments designed to develop your practice. No one teaches Mindful Eating quite like Michelle does, and her easy-to-integrate instruction and real life examples will keep you engaged, motivated, and learning every step of the way. If you've tried countless diet programs with little to no success, it's definitely time to try something new...with a true expert in the field.

**REGISTER**

or visit:  
<http://tinyurl.com/2t72xcxt>



Available on your smart phone, tablet, or desktop.

### YOUR GUIDE

**Michelle DuVal**, MA, is the leading provider of Mindfulness Training in the Southwest United States. Her skill in teaching comes not only from her training with the top meditation masters in the world, but also from her father, who started The Mindful Center more than 25 years ago after meditation literally saved his life and he responded to the powerful need to share the practice with others. All of her programs are evidence based, steeped in research, and skillfully interweave the profundity of the practice and the humor of insight every step of the way.