

Befriending Your Body

A GATHERING FOR WOMEN & BOOK SIGNING EVENT

with Ann Saffi Biasseti

Join Ann Saffi Biasseti, PhD; LCSWR; CIAYT, in the celebration and signing of her first book, through Shambhala Publications, *Befriending Your Body: A Self-Compassionate Approach to Freeing Yourself from Disordered Eating*.

This will be a 2.5 hour workshop where we will create a safe space to explore the history of the mind/body divide and the role of the female body in our culture. Come to discuss how we have lost the embodied connection, especially as women, and the influence our society has on this. This is open to all women, with or without the experience of disordered eating.

We will also hold space to practice some of the embodied self-compassionate practices from Ann's book to explore your journey of building relationship and compassion with your body.

befriending
your body

ANN SAFFI BIASSETTI

PHD, LCSW

Sunday, September 9
3:00-5:00 PM

This is a FREE event!

Hosted at Yoga Mandali of
Saratoga Springs, NY.

For more info, please visit:
www.AnEmbodiedLife.com