



**Ann Saffi Biasetti, PhD, LCSWR, C-IAYT**, a practicing psychotherapist who specializes in somatic psychotherapy and eating disorder recovery, is a speaker, author, and owner of An Embodied Life yoga therapy training center.

September 20–25 | Sunday–Friday

# Befriending Your Body Freeing Your Relationship with Body, Food, and Self

**Ann Saffi Biasetti**

## **For all women.**

Learn to cultivate a new relationship—one built on internal understanding, respect, and self-compassion—with yourself in this liberating program with Ann Saffi Biasetti. Together, you develop simple skills to make peace with your body, food, and self once and for all.

Create your most empowered life by

- Understanding the causes of mind-body duality and the sociocultural messages that have had a negative impact on body image
- Getting back in touch with your internal cues
- Practicing gentle and restorative yoga for embodied awareness
- Exploring your relationship with food, learning to meet it in a mindful new way, and how to move away from the diet mentality
- Discovering your inner strength and fostering authentic connection with others.

Register Today

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