



In 2016, a new residential 'Mindful Eating, Conscious Living' (ME-CL) training for mindfulness practitioners and health professionals will be organized in Belgium.

Mindful Eating, Conscious Living Training

Facilitators : *Jan Chozen Bays, M.D., Zen Buddhist and Char Wilkins L.C.S.W (USA)*

ME-CL 1 : Foundational training

April 06 - 11, 2016

ME-CL 2 : Advanced training

March 30 - April 3, 2016

Location : Belgium, Europe

ME-CL Training

The intersection of mindfulness, eating and our relationship to food is the focus of this residential training.

Mindfulness can deepen through the exploration of our relationship to eating and food and provide an opportunity to see more clearly the connection of body, mind and heart.

By bringing awareness to and through the senses we can become more mindful of how, when, where, what and why we eat.

MeNu. Centre for Mindful eating and Nutrition

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