

Mindful Eating

a day of mindfulness, meditation, and eating together

at Slí na Bandé, Newtownmountkennedy, Co. Wicklow,
Saturday 21st November, 10.00 am to 5.00 pm



This unique workshop is open to anyone who would like to learn how to develop a healthy and joyful relationship with food.

Using a variety of mindfulness practices, simple meditation techniques and group discussions, this practical workshop is designed to help participants develop a better awareness of what, how and why they eat. We will also explore different approaches to healthy eating, and look at how we can get our eating back on track when the advice from experts and from the food industry is often contradictory, continuously changing and generally profit driven.

An integral part of the workshop will be a communal lunch, providing an opportunity to practice mindful eating together.

Cost for the day is 75 euros including vegetarian lunch

The teachers



Christophe is one of the resident teachers and head chefs at Macalla Farm yoga centre on Clare Island. He is passionate about all aspects of food: the growing, preparing, cooking and eating of it!

Christophe has been practising meditation and mindfulness for nearly 20 years and is a senior yoga teacher (IYN 1000 hours).

To book, please contact Christophe 087.2621832 or email christophe@ecofarm.ie