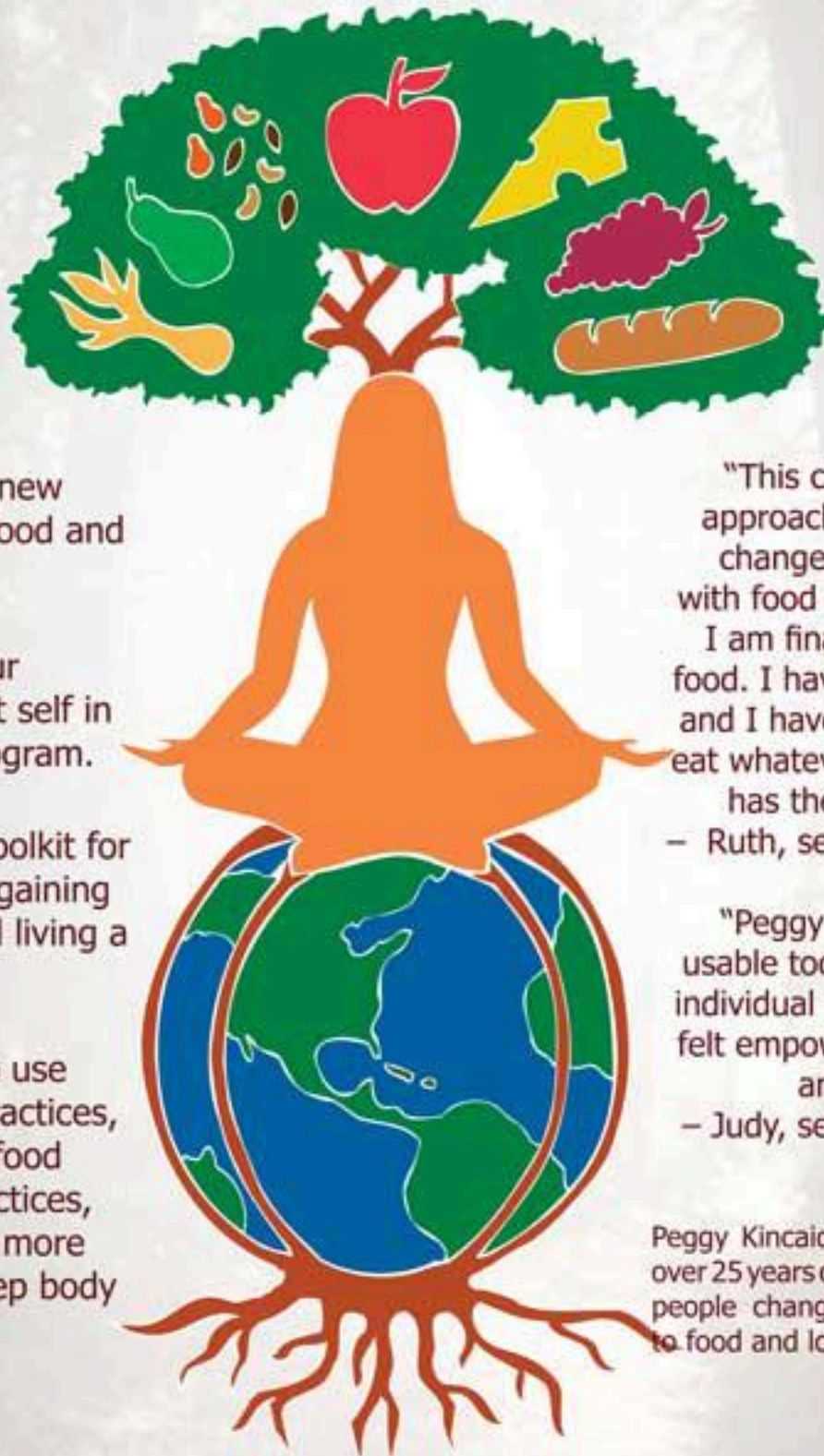


Visualizing Wellness

Weightloss

Discovering Food as a Portal to New Awareness



Discover a new awareness of food and life.

Become your healthiest, best self in this unique program.

Develop a toolkit for losing weight, gaining confidence and living a healthier life.

Learn how to use visualization practices, Tibetan yoga, food awareness practices, journaling and more to cultivate deep body wisdom.

"This class has a unique approach and has forever changed my relationship with food in a positive way. I am finally at peace with food. I have lost 18 pounds and I have kept it off and I eat whatever I want. Peggy has the magic bullet...!"
– Ruth, seminar participant

"Peggy offers some very usable tools that help each individual feel in control... I felt empowered in effective and exciting ways."
– Judy, seminar participant

Peggy Kincaid is a therapist with over 25 years of experience helping people change their relationship to food and lose weight.

Friday, January 27 – Sunday, January 29

Ratna Ling Retreat Center ○ 35755 Hauser Bridge Rd. ○ Cazadero, CA. 95421

Shared two-bedroom cottage: \$325 per person

Costs include lodging, meals and programs. Bring a friend, get a 2-for-\$600 discount!

For more information or to register, please call (510) 809-1550,
email info@nyingmatrust.org or visit Ratnaling.com.