

# Mindfulness and Health Coaching Strategies for Weight Loss



*Ashley Norwood is a certified Wellness Coach, a Mindfulness-Based Stress Reduction Practitioner and certified Iyengar Yoga Teacher and Yoga Therapist. She teaches mindfulness courses, group health coaching classes and yoga classes.*

Many people know how they “should” eat to lose weight and/or maintain weight loss - but they have a hard time maintaining a healthy diet & lifestyle. In this 7-week course, we explore the important role the mind plays in losing weight and how mindfulness (the ability to sustain present moment awareness, without judgement) and health coaching strategies (understanding why losing weight is deeply important to you) are the foundation for lasting change. Instructor Ashley Norwood uses her unique blend of training and experience to guide you through a journey of self discovery in relationship to food. The program includes guided instruction in mindfulness meditation practices, group dialogue and weekly home assignments.

## Course Details

**2023 Dates:** Wednesday, January 18  
Wednesday, January 25  
Wednesday, February 1  
Wednesday, February 8  
Wednesday, February 15  
Wednesday, February 22  
Wednesday, March 1

**Time:** 7:15-8:45pm

**Location:** Zoom video/audio conference

You will receive a Zoom link for the classes once your registration is complete.

**Fees:** \$175 (\$25 per class)

## How to Register

Please call Samantha Mandy at (617) 657-6433 and ask to register for the Mindfulness/Weight Loss course. If you have any questions about the course, please contact instructor Ashley Norwood at (617) 816-1770 or [AshleyNorwood@comcast.net](mailto:AshleyNorwood@comcast.net).

### Payment:

Full payment of \$175 is due 1 week prior to the first class.

### Refund Policy:

Once the first class has started, we will not be able to offer a refund.

### Missed Class Policy:

While Ashley sends email recaps of classes, if you know you'll have to miss more than 2 classes, please wait to register the next time the course is offered.