

# food & THOUGHT

breathē  
live life inspired.

nutrition | mindset | human connection

January 10th - February 6th, 2022

Cost: \$49 if you enroll before December 31st

Join us for this NEW program at breathe!  
Weekly live inquiry sessions, on-demand lessons and a digital workbook!

If you loved Reclaim Your Diet and couldn't get enough of Heart to Heart, breathe's newest program Food & Thought will surely satisfy your appetite for a fresh perspective on the way you eat and take care of yourself.

There is no shortage of nutrition information. Consider what might be holding you back from feeding yourself optimally is "the why" and not "the what".

In this program we will use the tools of meditation, inquiry/discussion, and yoga, on top of current nutrition science, to update old beliefs, obsolete perspectives and misinformation that may be blocking you from nourishing yourself in a positive and healthy way.



breathe's founder, Cyndi Weis, merges her expertise as dietitian, certified meditation teacher and yoga instructor to offer an online program like no other. Don't miss it.

## the details

- \* One 50-minute online inquiry/discussion session each week via Zoom. (The same session will be offered 3X per week. The content will be the same and the discussion will always be different based on who is attending. Attend one or all for additional support.)
- \* One weekly on-demand nutrition workshop offered on breathe's online dashboard. (The dashboard contains a plethora of nutrition workshops that can be purchased separately for those who want to dive deeper.)
- \* Two yoga or meditation classes/week (online or in-studio) to explore how your diet is resonating in your body and mind.
- \* Weekly Info & Inspo emails for support
- \* A digital workbook to guide and support you through the program.

## workshops

Mondays — Jan 10, 17, 24 & 31      5:15pm-6:05pm  
Wednesdays — Jan 12, 19, 26 & Feb 2      11am - 11:50am  
Saturdays — Jan 15, 22, 29 & Feb 5      12pm-12:50am

Weeks run Monday - Sunday. Enroll in your workshops and you'll receive the zoom link 60 minutes before class.

## cost

**Early Bird \$49 (enroll before December 31st)**  
\$69 on January 1st. Yoga and meditation classes are not included. Enroll in one of our Intro Offers, class packages, Living Yoga membership, or Online Membership.

Call (585) 248-9070 Ext 1 or visit: [breatheyoga.com/Programs/food-thought](https://breatheyoga.com/Programs/food-thought)