



home the basics	one-on-one yoga therapy	8 week program	yoga experience class with eating component	workshops and retreats
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*Back By Popular Demand...*  
**From Mat To Meal:**  
***Spring Renewal Weekend Intensive***  
**To Connect To Your Mind And Body**

*Presented by:*

**Melanie Rogers, MS, R.D. and BALANCE Eating Disorder Treatment Center**  
**Maria Sorbara Mora, MS, R.D., PRYT, RYT and Body Connection, LLC**  
**& Mary Segarra, Ph.D Clinical Psychologist**



Renew · Evolve · Celebrate · **BALANCE** · Breathe · Connect · Explore

## Meditation · Yoga · Communication · Nutrition

*If you are struggling with disordered eating, compulsive eating,  
binge eating, emotional eating, body image issues,  
compulsive exercise issues...  
Please Join Us*

**When:** Friday, April 1st, 5pm-8:30pm  
Saturday, April 2nd, 9am-6:30pm  
Sunday, April 3rd, 9am-2pm

**Where:** BALANCE Eating Disorder Treatment Center  
5 West 20th Street, 4th Floor

### **Weekend Will Include:**

- Supervised Eating
- Yoga, Movement and Meditation
- Psycho-Education
- Group Therapy
- Nutrition Education
- Coping Skills
- Drumming Circle

**Cost:** \$700 Early Admission Before March 14th  
\$750 After March 14th  
REGISTRATION ENDS MARCH 28TH.

**Inclusion Criteria: Participants must be medically stable and have had some measure of success in managing eating disorder symptoms but who are looking to support, solidify and/or increase positive changes.**

**Melainie Rogers MS, RD** is a registered dietitian and founder of melainie rogers nutrition LLC, the largest nutrition counseling private practice specializing in eating disorders in Manhattan, New York. She is also the founder and executive director of BALANCE eating disorder treatment center™. Melainie has worked with eating disorder clients for more than eight years after graduating from New York University with a Master's Degree in Clinical Nutrition. She has been interviewed on a number of TV programs including, the Today Show, The Donny Deutsch Show, The Early Show and MSNBC as well as contributed to several books and articles on nutrition and eating disorders.

**Mary Segarra, Ph.D** is a clinical psychologist with over 20 years experience working with and treating eating disorders and addictions. She is one of the founding members of the Columbia University Counseling Services Eating Disorder Team. While psychoanalytically trained, Dr. Segarra practices a multi-modal approach to eating disorders which includes psychodynamic, CBT and mindfulness training. She currently maintains a fulltime private practice in Manhattan.

**Maria Sorbara Mora, MS, R.D., PRYT, RYT-200** is a registered dietitian, Phoenix Rising Yoga Therapy Practitioner and Registered Yoga teacher. She is the founder of Body Connection LLC, a nutrition and yoga practice devoted to the treatment of eating disorders. Maria has treated individuals with eating issues for over 10 years. Her work on body image disturbance has been published in the International Journal of Eating Disorders. Maria encourages her patients to go deep within their bodies to discover their own power to heal symptoms. She currently provides one-on-one yoga therapy sessions, yoga classes and groups to individuals with disordered eating, trauma histories, addictions, anxiety and depression. Her studio, The Center For Connection is in Columbus Circle.



*This Intensive May Be Insurance Reimbursable With  
Out OF Network Benefits  
Complementary Insurance Inquiry*

**To Register: Call 212-971-1089 or check us out on the web at  
[www.bodyconnectionnutritionandyoga.com](http://www.bodyconnectionnutritionandyoga.com) & [www.mrogersnutrition.com](http://www.mrogersnutrition.com)**