



From Mat to Meal: A Weekend Intensive in New York City to Connect 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

***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, September 24th 5pm-8:30pm
Saturday, September 25th 9am-8:15pm
Sunday, September 26th 9am-1pm

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

Weekend Will Include:

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

Cost: \$595 early admission BEFORE August 21st
\$650 AFTER August 21st

****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 a 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. She has been published in the International Journal of Eating Disorders for her work on body image disturbance. 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 eating disorders, trauma histories and addictions. Her studio The Center For Connection is in Columbus Circle.



To sign up or for more information contact:

**Maria Sorbara Mora, MS, R.D., CDN, PRYT, RYT-200
@ 212-971-1089 or MSMRD08@gmail.com**

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Body Connection LLC | 1841 Broadway | Suite 806 | New York | NY | 10023

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