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one-on-one
yoga therapy

8 week
program

yoga experience class
with eating component

workshops
and retreats

ENHANCING INTIMACY

A Mindfulness-Based Couples Workshop

Presented By:
Maria Sorbara Mora, MS, R.D., PRYT, RYT
&
Mary Segarra, Ph.D



**Saturday, February 5th:
10am-1pm**

Partner Yoga* Meditation* Discussion

Where: The Center For Connection
1841 Broadway @60th Street
Suite 806

Cost: \$185 Per Couple

To Register: 212-971-1089 or www.bodyconnectionnutritionandyoga.com

Mary Segarra, Ph.D is a clinical psychologist with over 20 years of 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.

