



home
the basics

one-on-one
yoga therapy

8 week
program

yoga experience class
with eating component

workshops
and retreats

See Thy Body, Know Thy Self

A Four Week Body Image Group

*Explore Your Body Image Through Yoga, Movement,
Meditation & Discussion*

Group will be run by:

Maria Sorbara Mora, MS, R.D., PRYT, RYT
&
Michele Kabas, LCSW

Week 1: Introduction To Your Body

Week 2: Body Awareness

Week 3: Body Acceptance

Week 4: Trusting Your Body

When: Thursday Evenings in Oct (6, 13, 20, 27)
From 7-9:30pm

Where: The Center For Connection
1841 Broadway @ 60th Street
Suite 806
New York, NY, 10023

Cost: \$500



Pre-Registration Required To Attend

Contact: Maria Sorbara Mora

212-971-1089, msmrd08@gmail.com, or
www.bodyconnectionnutritionandyoga.com

Maria is a Registered Dietitian, Phoenix Rising Yoga Therapy Practitioner, Registered Yoga Teacher and Certified Phoenix Rising Group Facilitator. She founded Body Connection, LLC, nutrition and yoga practice in New York City devoted to eating disorder treatment. Maria has treated eating disordered individuals for over 10 years and has empowered her patients to heal symptoms through body awareness. Her work on body image disturbance has been published in the International Journal of Eating Disorders.

Michele Kabas, LCSW is a psychotherapist with over 25 years of experience . She has worked with women throughout her years of practice dealing with Depression, Anxiety and a specialty with Body Image issues and Eating disorders. She strongly believes in a mind-body connection and works in a Psycho Spiritual approach incorporating Yoga and Buddhist philosophy. As Eating Disorders are not about the food, her work focuses on helping each individual connect with their true self, accept themselves as they are and find their authentic voice . Michele currently has a private practice in NYC and in Syosset, NY.

Yoga Mats, blocks and blankets will be provided. Please wear comfortable clothing, bring a water bottle and a journal.

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