



# *Yoga for Body Image/ Eating Disorder Recovery*

*Next session starting:  
Fridays Feb. 9—March 9  
10:45am-12:15pm  
\$30 per class  
\$120 for all 5 classes  
Limited to 12 participants*



**FRIENDSHIP**  
—FITNESS—

Healing eating disorders and body image issues can be a life-long challenge that requires gentleness, compassion, a willingness to change, and a body-mind-spirit approach. These sessions focus on compassionate and mindful ways to heal through a combination of mindfulness, yoga philosophy, relaxation, and deep discussion & reflection to help you on your journey of being at peace in your body.

## **Location**

*Friendship Fitness  
4039 Brentwood Road, NW  
(1st floor The Village)*

## **Contact**

*Dr. Angela Grace  
(403) 827-8529  
dr.angela.grace@gmail.com*



**Dr. Angela Grace, Ph.D.**  
Registered Psychologist  
Iyengar Yoga Teacher Trainee  
*15+ years experience in  
eating disorder prevention &  
treatment*

*Receipt for psychological  
services provided*

[www.heartcenteredcounseling.com](http://www.heartcenteredcounseling.com)