

New class offering this winter

# Healing Your Relationship with Food

**Tuesdays 12-1 pm**  
starting **Jan. 14**  
9 weeks - \$99\*

**The Yoga Center**  
449 Forest Ave Plaza  
774-YOGA (774-9642)

**Class includes gentle yoga stretching, meditation, discussion and journaling using Susan's book *Food Fix* as a guide and led by the author.**

Susan Lebel Young, MEd, MSC, is a retired psychotherapist. She teaches yoga, mindfulness and heartfelt eating. Her website is [www.HeartNourishment.com](http://www.HeartNourishment.com)

*".... There is the path that lies before you in this heartfelt offering by Susan Young. It is not a path of more control, but one of more awareness, more consciousness, and more compassion for yourself... Susan Young is pointing the way, but not to another lists of 'shoulds.' She is pointing the way to a path of awakening and joy. If you listen to your own heart and let her guide you, you may be surprised at what you find."*

--- John Robbins, author of *Diet for a New America* and *The Food Revolution* and Co-founder of the Food Revolution Network- [foodrevolution.org](http://foodrevolution.org)

\*Class fee is \$99 plus \$20 for the book **Food Fix** - which can be purchased at the first class.

To register send check made out to:

**The Yoga Center, PO Box 1243 Portland, Maine 04104**  
or call 774-9642 [www.maineyoga.com](http://www.maineyoga.com) [info@maineyoga.com](mailto:info@maineyoga.com)

