MINDFUL EATING WORKSHOP



25th – 29th | 2023 September | Sitia https://1stathenatf.hmu.gr



Gizem Köse (PhD, MB-EAT), Acibadem MAA University, Türkiye









Mindful Eating Workshop

Mindful Eating Training Institute Certificate of Training in MB-EAT

For the successful completion of the Mindfulness-Based Eating Awareness Training (MB-EAT) and Mindful Living Professional Online Training and Mentoring Program and Qualification of

Andrea Lieberstein, MPH, RDN, RYT, MB-EAT Teacher Trainer, Director, Mindful Eating Training Institute (METI)

48 CPE's approved by the Commission for Dietetic Registration, American Academy of Nutrition and Dietetics



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Presented to Gízem Kose, PhD

"MB-EAT Practitioner"

MB-EAT-P

July 31, 2019 Novato, Californía

Andrea Lieberstein, NEW, ROM, EVT



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Mindfulness Meditation

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First things first











AND NOW MINDFUL EATING PRACTICE

HUNGER & FULLNESS

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Hunger & Fullness Scale





SAVORING FOOD

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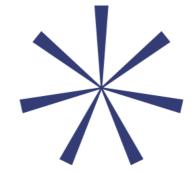
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LET'S DEEPEN IT



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Eating with All Senses

FEEDBACKS

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LAST BUT NOT LEAST

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THANK YOU ALL FOR JOINING!

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AND LASTLY



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