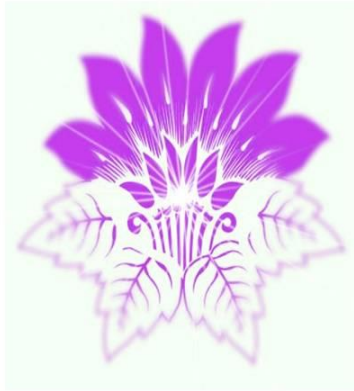


Our Eating Disorder Program Focuses on 5 Pillars



Building Rapport

Restoration

Assessments

Value

Education

BRAVE BODIES

BRAVE Bodies is Kindred Nutrition's Yoga Class

Many individuals who struggle with eating disorders feel disconnected from their bodies or feel anxious when exercise is limited during recovery. Kindred Nutrition is now offering yoga classes where individuals can explore what yoga has to offer in a safe environment. Class size is small so that yoga instruction can be tailored to each participant, regardless of current physical condition.

Yoga offers a place to practice strength-building poses with relaxation and breathing techniques. It provides a space for self-awareness, reflection, and change while moving towards body acceptance. Yoga and the practices associated with it are unique to you. Unique to your needs, your beliefs, and your practice.

Julie Harris, CPT, is passionate about the healing power of both nutrition and yoga to those struggling with disordered eating and negative body image. Julie has been teaching yoga since 2011 and owns her own personal training company. She is currently going through the dietetics program to become a registered dietitian.

Coming Mon-Thur

October 2018

**A Unique Yoga
Class Tailored
towards Recovery**

**A Safe, Familiar
Environment with
a Small Class Size**

\$10 a class

**Mats available, if
needed***

KINDRED NUTRITION

810 Tollhouse Road
Frederick MD 21701

www.kindrednutrition.com

301-580-0008