



***Somatic + Intuitive  
Eating Group***

***Coming Home to the Body***

***Tuesdays***

***10:00 - 11:30 am***

***10 Week Series***

***Discovery Counseling Center***

***115A Town and Country Dr***

***Danville, CA 94526***

***[www.discoveryctr.net](http://www.discoveryctr.net)***

***(925) 837 - 0505***





## **About the Group**

***For adults who feel disconnected from their bodies or stuck in cycles of dieting or emotional eating. The group focuses on rebuilding safety, trust, and curiosity in the body so eating can become more intuitive and supportive.***

## **Approach**

***Relational, trauma informed, and body based. The space is gentle, collaborative, and choice oriented.***

## **Goals**

***Participants will increase awareness of hunger and fullness cues, reduce shame around eating and body experiences, build trust in their food choices, and develop a more compassionate relationship with their body.***

## **Sessions Include**

***Check in, reflection or teaching point, discussion, and grounding.***

## **Who This Is For**

***Adults with a history of dieting, emotional or stress related eating, or body image concerns who are looking for a gentler, non-diet approach.***

***18 Years +***

***First 6 Sessions are Free***

***Not appropriate for individuals needing a higher level of eating disorder care.***

