

The holistic approach to regain and maintain a healthy body weight

2017 New Year's resolutions are often about losing weight but many of us fail to lose weight, or keep it off long-term.

Upward Spirals (US) has developed a unique approach: looking at *the whole picture* – mind and body – and discovering *what works well* for each individual rather than a one-size-fits-all solution (that doesn't work for many).

By considering **psychological factors** associated with weight gain, becoming more **mindful** of your individual relationship with food and drink, examining current thinking on **diet and exercise**, **US** offers a truly holistic, integrated approach to regaining a healthy weight and promoting happiness and wellbeing.

You don't have to be struggling with weight issues to come

This is also a '*preventative*' course to help you and those you love regain or maintain a healthy weight!

Five 2-hour sessions, run over 8 weeks: 4 weekly classes, a 3-week practice period (supported by weekly emails / texts) and a Master Class/evaluation on week 8.

Daytime and evening classes available according to interest.

Special introductory rate: £50 pp - ambassadors 10% discount

Interested? Tell Maggie when you can come!