

burnalong

Coming to you live in October!

Join us this month as we explore the theme of Wellness in Balance. These events will guide you towards a balanced lifestyle, enhancing your overall well-being. Don't miss out on this opportunity to find your equilibrium and live your healthiest life yet!



OCT 3

@ 12:00 PM ET

Embrace Mindful Eating

Discover tips to develop a healthier relationship with food. We will cover recognizing hunger and fullness cues, putting the fork down between bites, chewing food thoroughly, and incorporating meditation practices to create a calm eating environment.



OCT 16

@ 12:00 PM ET

Beyond Moderation

We'll explore what "everything in moderation" really means, why it can sometimes be problematic, and how to develop a more intuitive approach to eating. We'll embrace a liberating approach to nourishment.



OCT 24

@ 12:00 PM ET

Achieve Balance

Join us for an insightful event on building a balanced life using the Wheel of Life. We'll guide you through understanding this self-assessment tool, identifying areas needing more nourishment such as career, relationships, health, and personal growth, and creating actionable strategies for a more harmonious life.

