

**Change your Mind  
and Body!**  
**Mindful Eating-Mindful  
Living Weekend (EN-FR)**  
**November 4<sup>th</sup> - 5<sup>th</sup>**  
Hotel de Chavannes, Chavannes de Bogis



**Would your professional and personal life improve if you made better choices about eating, activity, and self-care?**

**Do you struggle with overeating, yo-yo dieting, or a sedentary lifestyle?  
Lacking time or motivation? Not getting the results you crave?  
Ready to change your mind and body forever?**

**Take a break from demands of family or office to focus on YOU !**

**Mindful Eating & Nutrition - Yoga – Meditation – Positive Attitude – Massage**

Retreat from your busy life with a friend or on your own to join us to nourish body, mind, heart, and spirit and dig deep to explore mindful eating and resilient living. You'll discover how to free up your time and energy to create the life you crave – at home and at work. Not only will you be enlightened and inspired during this personalized retreat, you'll benefit from individual support from our team long after your suitcases have been put away. We promise that you will leave feeling re-committed to your good health, refreshed and guided, with a plan to go forward!

If you're struggling with overeating, preoccupied with dieting, unfocused, or not attending to your self-care needs, you can't be your best at home or at work. Delving far beyond the obvious advice "eat less and exercise more", this insightful and practical weekend will empower you to eat with intention and attention – and live that way, too.

**Specifically, you will discover how to:**

- Take time for yourself!
- Connect self-care to maximum empowerment
- Re-establish hunger as the primary cue for eating
- Recognize and effectively respond to non-hunger triggers for eating
- Achieve a balance of nourishment and enjoyment *without* restrictive rules
- Eat the foods you love without overeating
- Rediscover joy and vitality in physical activity
- Recharge to optimize energy levels, sleep, and performance
- Use mindfulness to more effectively connect with and lead others
- Create your self-care plan for body, mind, heart, and spirit to support optimal well-being and performance

**Empowering you to take charge of your decisions about eating, physical activity, health, and self-care so you can invest fully in your life and work!**



## **Mindful Eating**

We will learn mindfulness-based and cognitive behavioural strategies to help discover our own internal motivators and develop more effective thoughts and behaviours around eating. We will set goals using a non-diet, weight-neutral approach freeing you from restrictive and consuming strategies and provide you with a method for re-discovering your expert within.

## **Nutrition**

Nutrition has a huge impact on both physical and mental health and is consequently vital for empowerment. However, with the hundreds of dietary theories out there, it is more difficult than ever to figure out what is “right” and even more difficult to change behaviour. Our goal is to understand how nutrition affects our stress, health and well-being and to motivate step-by-step, easily integrated sustainable lifestyle choices. We will set goals using a non-diet, weight-neutral and evidence-based back-to-basics approach to nutrition.

## **Mindful Living**

Well-being does not depend on Eating and Nutrition, but must consider physical activity, sleep and recovery as well as spiritual, emotional and intellectual balance. In this final session, we will explore why and how to prioritize activity and sleep as well as their direct impact on our stress and well-being. We will bring it all together through a self-assessment and creation of a plan for moving forward in all realms of well-being.

### **CHF 980.- (880.- double occupancy) includes**

Two full days of lively, life-changing motivational workshops.

A 30 minute individual coaching session.

Two guided yoga sessions.

A full body massage by a massage expert.

A guided meditation experience.

An inspiring keynote.

Group Reiki distance healing.

Engaging interaction and relationship building opportunities with other women like you.

Healthy, delicious meals prepared daily by an experienced culinary team.

A powerful guided mindful eating experience .  
One night stay in an individual room at the Hotel de Chavannes, Best Western.

Follow-up to weekend: password access [www.AmIHungry.net](http://www.AmIHungry.net) and Daily Mindful Moment email.

## Schedule

Arrival time: 9:00

### Saturday

9:00 - 9:30 Welcome coffee/tea

9:30 – 10:00 Introductions, schedule and objectives

10:00 – 11:00 Yoga\* Stretch Session

11:00 – 13:00 Mindful Eating & Nutrition workshop\*\*

13:00 – 14:00 Lunch Break

14:00 – 16:00 Mindful Eating & Nutrition workshop\*\*

16:00 – 18:00 Choice: Massage, Walk, Gym, Rest, Spa,  
Individual Coaching Sessions

18:00 – 19:00 Guided Meditation Session

19:00 Dinner, Dress in WHITE. Guest speaker – Laurent  
Cordaillat *“Booster votre attitude positive!”*

### Sunday:

7:00 – 8:00 Yoga\*

8:15 – 9:00 Breakfast

9:15 – 11:15 Mindful Eating & Nutrition workshop\*\*

11:15 – 12:30 Choice: Massage, Walk, Gym, Rest, Spa,  
Individual Coaching Sessions

12:30 – 13:30 Lunch

13:30 – 15:30 Mindful Living workshop\*\*

15:30 – 17:30 Choice: Massage, Walk, Gym, Rest, Spa,  
Individual Coaching Sessions

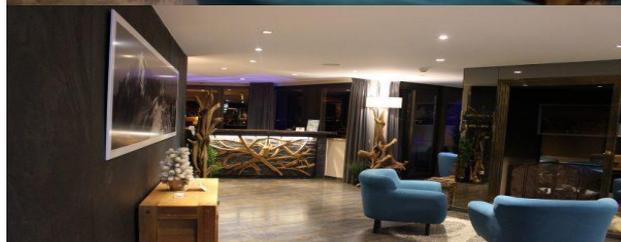
17:30 Closing Circle,

18:00 Departure

*\*It is not necessary to practice yoga regularly to benefit and/or enjoy this retreat! It is intended to be instructive and motivating and help you to begin or improve your practice*

#### \*\*Workshop breakdown

Each entertaining and interactive workshop will include slides, worksheets to be used during the retreat as well as take-home journals and personalized goal-setting sheets to continue the process well beyond our inspiring weekend.



Mindful Eating- Mindful Living Weekend	Theme
WORKSHOP 1	Why diets don't work
Mindful Eating - I think about it!	Why do I eat?
	Triggers
2 Hours	
WORKSHOP 2	WhAT do I eat?
I begin eating more mindfully!	How much do I eat?
	How do I eat?
2 Hours	
WORKSHOP 3	Return on the right DIE-T to manage stress
I take charge of my nutrition and my stress!	Nutrition around the mindful plate
	All Foods Fit!
2 Hours	
WORKSHOP 4	Why & How to prioritize activity
Empowered, I live vibrantly!	Why & how to prioritize Sleep & Recovery
	Mindful Living "My Circle of lifestyle" moving forward
2 Hours	

## Location

Best Western Hôtel Chavannes de Bogis  
 Chavannes De Bogis  
 Les Champs Blancs  
 Chavannes De Bogis, 1279 - Suisse  
[www.hotel-chavannes.ch](http://www.hotel-chavannes.ch)

The Best Western Chavannes De Bogis is a true well-being escape only 10 minutes from Geneva, a beautiful view on the lake and Alps.

Discover our "Level4" spa, an uncommon experience, inspired by Scandinavia, alternating heat, cold and moments for a deep relaxation. A Finnish-type sauna, eucalyptus steam bath, outdoor wooden hot & cold tubs, ice fountain as well as our fireplace corner make our spa a cozy setting year-round.

Your private room will have: Safe deposit box, Cable satellite television, Telephone, AM/FM alarm clock, Desk/work area, Coffee/tea maker available in superior rooms, Hairdryer, Iron, ironing board, Mini-bar, Room Service.

## What to Pack

Prescribed attire is comfortable yoga/athletic-type clothing during the day. Evenings casual, WHITE attire requested for Saturday evening.

## Directions

For map and directions:

<https://www.google.ch/maps/place/Best+Western+Chavannes+De+Bogis/@46.3346848,6.1610403,15z/data=!4m5!3m4!1s0x0:0xdc5234e945901344!8m2!3d46.3346848!4d6.1610403>

Free Airport Shuttle upon request  
between 6:30 a.m. and 11:00 p.m.



## Registration

Email to [ekocher@whealthness.ch](mailto:ekocher@whealthness.ch), AND payment of 980.- (or 880.-)  
PAYPAL at [www.whealthness.ch/whats-happening/](http://www.whealthness.ch/whats-happening/) or EBANKING:

Ellen Kocher,	<i>Whealthness,</i>
Compte n° :	14-833513-0, Postfinance
IBAN :	CH72 0900 0000 1483 3513 0

## Refund Policy

A 50% refund will be offered for cancellations 2 weeks prior to event. All other Refunds will be considered on an individual basis by contacting Ellen Kocher at [ekocher@whealthness.ch](mailto:ekocher@whealthness.ch).

## Questions?

For questions or more information, please email [ekocher@whealthness.ch](mailto:ekocher@whealthness.ch).

## Facebook!

Visit our Facebook page to start benefiting right NOW from our Mindful Living Tips! Visitez notre page <https://www.facebook.com/MINDFULEATINGANDLIVINGWEEKEND/>

## Thank You !

We would like to thank ZEN@work « Wellbeing at your workplace » for generously providing yoga mats, blocks and belts for our weekend.



## Your Team

### Ellen Kocher, Health Coach, Organizer of the weekend

Ellen is an Economist, Master's Degree in Health Coaching and Nutrition, ICF Associate Certified Coach, Certified Health Coach and Licensed Am I Hungry? Mindful Eating Program Facilitator. She was educated in the United States and has been living in Switzerland for over 25 years. As a Management Consultant in the Finance Industry, faced with corporate responsibilities and extensive travel during 10 years, she understands the challenges of a busy working lifestyle for both men and women. In 2003 Ellen lost 20 kilos through nutrition and lifestyle change and has dedicated the past 14 years to nutrition and workplace health. Ellen promotes a non-diet, weight-neutral, mindfulness-based approach to eating, physical activity, holistic health, and self-care. She has coached individuals and in groups in over 20 multinational organizations and companies to help them make lifestyle changes that empower people to go from knowing what to do to actually doing it!



*"In my busy life, Ellen's Mindful Living Coaching is a must! Since I attended her offsite in Eze last year, my life has taken a healthy turn and I am on the right track. She is inspiring and I can recommend her 100%!"*

– Retreat participant, Tina Bunggaard, PA to CEO of SAXO Bank.

### Su Jing Sophie, Massage

Sophie is a certified massage and beauty specialist for Chinese massage, anti-aging, energetic and slimming treatments. After gaining her experience in beauty, therapeutic and luxury industry, she is managing the spa at 4th floor of the Best Western Hotel Chavannes de Bogis to help more clients to feel healthy and balanced. She and her team believe strongly energetic treatments and technology which can give the optimal results for people's well-being. And her mixed culture and techniques in therapy are highly appreciated by local and international clients.



*"Belated happy mother's day to me! Just enjoyed a fabulous stay-cation with Sophie at spa Level 4. Go and see the team and feel amazing! Especially for the healing massage. Don't let the stress of being an exhausted person lead to burn out, go take care of yourself!"*

– Brigitte L

### Ludmila Bueno, Yoga – Health Coach

Ludmila Bueno is an International Marketing professional who changed the course of her career and life, becoming a 2000-hs Certified Yoga teacher in India during her extensive travels across Asia in 2015. Since then she has deepened her knowledge and teachings of yoga practices by studying Yin Yoga, Vinyasa sequencing and Yoga Psychology. Her passion to encourage people to look, find and become the best versions of themselves took her to recently become a Certified Health Coach. Her yoga style is a blend of strong physical practice with philosophy/spirituality that allows, through the emotional aspects, space for personal inquiry and development. She believes in movement with meaning and intention and uses mindfulness techniques to teach a connection with the body sensations, and presence in the here and now. "I believe finding balance in all aspects of life is one of the most incredible journeys. Balance of body and mind brings me grounding, strength, flexibility and presence in the here and now. Coming to the mat with an open heart and mind allows me to find that balance and constantly transform my life. Today it's my mission to share that with others and guide them on their own journey"



*"After trying several times to take the path to yoga, I finally achieve to come to a class more than 3 times in a row thanks to Lu. She is a patient and compassionate guide to help you find your own way through this challenging but very self-rewarding practice! She has this inner sun that brings you the energy to keep going even when your body hurts or your lazy mind would like to stop. Her joy is contagious making both men and women comfortable with trying new Asanas even some you thought you could never achieved. last but not least, she keeps learning her way through the practice and is always eager to share her new findings as a way to nourish yours."*

– Sophie Conchon, Yoga Student

### **Neil Truncik, Meditation - Mindfulness**

Neil is a young professional with over 11 years of experience working in the corporate sector, having worked in Canada, the United States and now Switzerland where he resides. He teaches the 8-week Mindfulness-Based Stress Reduction (MBSR) course to other business professionals at his work (a multi-national IT company), and mindfulness workshops at a local yoga studio in Lausanne where he also teaches hot yoga as a certified RYT200 instructor. Neil has earned provisional teaching status with UC San Diego's Center for Mindfulness, where he received his formal training and continues his path as a Mindfulness-Based Stress Reduction (MBSR) teacher. Neil is also completely bilingual in English and French.



*“Living with ADHD I have a constant background ‘music’ so-to-speak, playing in my head. During my first mindfulness session with Neil, the music stopped for the first time in my life, and that sensation continued on for a while even after the session had finished.”*

– Mindfulness workshop participant

### **Laurent Cordailat, Positive Attitude**

Laurent is a French-Swiss entrepreneur, founder and owner of several Swiss companies including Privilèges, Booster Club and Booster Communications. Laurent has been inspired by 25 years of business experience in Switzerland combined with over 60 countries travelled in worldwide expeditions to become an expert in positive attitude and confronting challenge. He is the author of the book “The Alchemy of Positive Attitude”, and gives conferences and training in the practical application of positivity. Laurent works with businesses to educate professionals on the impact of negativity and the power of positive attitude. He acts as an agent of positive attitude within firms to boost sales forces, motivate employees, coach leaders, prevent burnout and absenteeism. Sales director, Coach, speaker and author...each of these enriching human experiences have lead him to believe the *“life is always a win, either I take advantage of the present moment, or I learn.”* Laurent is married and has 3 children.



*Laurent goes by the name of “Booster Man” for his contagious positive attitude!*

– Friends and contacts of Laurent

***We look forward to welcoming you!***