

# 5<sup>th</sup> International Conference on **O**BESITY AND **D**IET **I**MBALANCE

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## **The contribution of mindful eating interventions on food behaviour, overweight and obese populations**

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Our ethic is to deliver courses and tools that are scientifically proven to provide an effective change in eating behavior through a mindfulness approach: love and kindness, self-compassion, inner wisdom and outer wisdom, awareness, acceptance and letting go... are cultivated in our courses and philosophy. We put a big effort into letting each participant find their own way as they enrich themselves with Mindful Eating tools that can be integrated into daily life..

### **Biography**

Maria Mason is an Irish Nutritionist working through English and French, specialised in Mindful Eating and Weight Management in a kind and loving manner. She help people to find their unique path to peace and choice in their relationship with food and life on line and in my practise. She is also a HTSMA practitioner and accompany people to get over psychotraumatism on an individual level.

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