



Healing eating disorders and body image issues can be a life-long challenge that requires gentleness, compassion, a willingness to change, and a body-mind-spirit approach. These sessions focus on compassionate and mindful ways to heal through a combination of mindfulness, yoga philosophy, relaxation, and deep discussion & reflection to help you on your journey of being at peace in your body. See what it's all about!



Dr. Angela Grace, Ph.D.
Registered Psychologist
Iyengar Yoga Teacher Trainee
*15+ years experience in
eating disorder prevention &
treatment*

Body Peace: Holistic Healing for Eating Disorders & Body Image Issues

Upcoming Dates & Topics (For females 16+)

Wed. Oct. 11, 6:30-8pm

Ahimsa: Non-harming

An exploration of how to reduce the harm caused by eating disorders

Wed. Oct. 25, 6:30-8pm

Satya: Truthfulness

Debunking myths & false promises in eating disorders & returning to the truth of the self

Wed. Nov. 8, 6:30-8pm

Asteya: Non-stealing

An exploration of how eating disorders rob us of vitality & joy & how to create a recovery plan

Contact

Dr. Angela Grace

(403) 827-8529

dr.angela.grace@gmail.com

Fees

\$45 per session

\$120 for all 3 sessions

Receipt for psychological services provided

Future sessions TBA