



F.E.D. Fight Eating Disorders

Body P.A.C.T. Workshops

with Laurie Searle aka Lady Yoga from LA Yoga Magazine

Body P.A.C.T. is a pact we make with ourselves to manage our healing and recovery from eating disorders. We learn through yoga, meditation and breathing, how to reignite our **Purpose**; **Appreciate** what we are given and how we use our bodies, minds and souls; remain **Compassionate** to our bodies by treating it with respect; and **Trust** that we are doing what we need to fuel ourselves towards our highest good for ourselves and others.



Fight Eating Disorders (F.E.D.) is an independent national humanitarian organization that provides professional services to those who are suffering from eating disorders and are unable to afford medical (out or inpatient) support. FED's decision to assist those in need is based solely on the candidate's location and accessibility of local therapists, nutritionists, doctors, and support groups/centers that are available for each individual in that particular location.

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www.FightEatingDisorders.com