




YOGA FOR EATING DISORDER RECOVERY



A woman with dark, curly hair is shown in profile, looking down with a thoughtful or somber expression. She is wearing a grey t-shirt under a blue denim vest. Her arms are crossed. The background is a bright, slightly out-of-focus white surface, possibly a bedsheet.

EATING DISORDERS ARE DIFFICULT TO OVERCOME

(63% of those who receive
treatment relapse 😞)

Top challenges in early recovery:

“ I don’t like the way
my body looks. ”

“ I can’t cope with
these emotions. ”

“ I don’t know who I am
without my disorder. ”

THE EAT BREATHE THRIVE YOGA FOR EATING DISORDER RECOVERY COURSE PROVIDES SKILLS FOR LONG-TERM RECOVERY AND HELPS TREATMENT STICK.

“Yoga can be a game-changer in eating disorder treatment. As a healing practice, it helps rebuild the conscious connection between mind and body that is so often severed in the throes of an eating disorder. Yoga provides practical tools to help clients tune into hunger and fullness signals, cope with difficult emotions, and experience their body as a vehicle for joy and connection.”



CHELSEA ROFF, FOUNDER AND DIRECTOR OF EAT BREATHE THRIVE



ABOUT US

MISSION



Eat Breathe Thrive is a nonprofit organization that aims to prevent and help individuals recover from eating disorders. Our yoga-based courses teach skills and resources for mindful eating, emotional resilience, and positive embodiment.

OUR CURRICULUM

Our curriculum combines yoga, psychoeducation, and peer support to help clients eat mindfully, build resilience, and feel better in their bodies.



FELLOWSHIP AND COMMUNITY

The live format of this course allows clients to meet with others on the recovery journey, share struggles and celebrations, and access support.



YOGA PRACTICES FOR RECOVERY

Each session of the course includes a short yoga and meditation practice, designed specifically to support recovery.



EVIDENCE-BASED APPROACH *

Clients learn practical tools from neuroscience, psychology, and movement science to help them build skills for mindful eating, emotional resilience, and body acceptance.

* Our curriculum has been the subject of four research studies, including two randomized controlled trials. More information at www.eatbreathethrive.org/research

ABOUT THE COURSE

CURRICULUM AT-A-GLANCE

WEEK ONE

ESTABLISH YOUR FOUNDATION

WEEK TWO

CONNECT TO YOUR SENSES

WEEK THREE

BEFRIEND YOUR MIND

WEEK FOUR

RESTORE YOUR NERVOUS SYSTEM



COURSE CURRICULUM

WEEK ONE: ESTABLISH YOUR FOUNDATION

In this session, clients learn:

- The history, depth, and breadth of the yoga tradition, and how yoga can support eating disorder recovery
- How to create a sacred space within oneself and one's environment for yoga practice
- Three keys for managing past trauma: grounding, orienting, and resourcing
- Embodied practices for coping with anxiety, fear and panic

WEEK TWO: CONNECT TO YOUR SENSES

In this session, clients learn:

- Interoception: what it is and why it matters
- How eating disorders interfere with the body's natural communication system
- Tools to manage sensation overwhelm and uncomfortable feelings
- A meditation to reconnect with hunger, fullness, and the body's needs

WEEK THREE: BEFRIEND YOUR MIND

In this session, clients learn:

- The monkey mind: how to manage rumination, obsessive thoughts, and urges
- The magical pause: how yoga can inadvertently "ruin" your life (in a good way)
- Tools to interrupt cycles of restricting, bingeing, purging, and overexercising
- Embodied practices that support mindful awareness and self-compassion

WEEK FOUR: RESTORE YOUR NERVOUS SYSTEM

In this session, clients learn:

- How the nervous system is involved in anxiety and depression
- The transformative effects of yoga and meditation on the nervous system
- Tools to shift the state of the nervous system in any given moment
- Embodied practices to stimulate the vagus nerve and relaxation response