

# PSI IN PRACTICE: FORUMS FOR HELPING PROFESSIONALS

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*"Profound Presence: Yoga Therapy as a Tool  
for Mindfulness and Connection for  
the Individual Diagnosed  
with an Eating Disorder"*

**April 4th, 2012**  
**10:30a – 12:00p**

**Mindfulness** is a term that comes from Eastern spiritual practices such as Zen Buddhism and refers to being in touch and aware of the present moment as well as being neutral to one's inner experience. The elements of a Phoenix Rising Yoga class (and group) provide individuals with eating and body issues the opportunity to explore themselves deeply with profound presence that supports treatment and recovery in a unique and powerful way.

**Presentation:** The presentation will start with a 20 minute experiential Phoenix Rising Yoga-style meditation and a few yoga postures to allow clinicians to experience first-hand, yoga therapy in their bodies. Details will be shared illuminating how these aspects of a Phoenix Rising Yoga class supports profound presence and is an integral part of treatment and recovery for individuals with all types of eating disorders and body image issues.

**Presenter:** *Maria Sorbara Mora* is a Registered Dietitian, Phoenix Rising Yoga Therapy Practitioner, Registered Yoga Teacher and Certified Phoenix Rising Group Facilitator. She founded Body Connection, LLC nutrition and yoga practice in New York City, devoted to eating disorder treatment, and The Center For Connection, the only yoga studio in New York that provides yoga therapy to individuals and groups for individuals with eating and body image issues. Maria has treated individuals with eating disorders for over 10 years and has empowered her patients to heal symptoms through body awareness. Her work on body image disturbance has been published in the International Journal of Eating Disorders.

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Street

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