FRONT

Chocolate Meditation

With some kind of eye catching image, that would capture meditation and chocolate.

BACK

**Chocolate Meditation Course**

**Chocolate What?!**

Yes you read right. Chocolate meditation! What could be better than combining the dilatable taste of chocolate with meditation, right? Well that is exactly what this course is all about with a little bit of Mindfulness thrown in.

**Learn to Eat Chocolate without gaining weight!**

“What do you mean? I already know how to eat Chocolate.” We challenge you that you have in fact not really eaten chocolate. So we are going to teach you how to do it mindfully. This way you are guaranteed not to gain weight while eating chocolate.

**What you get with the course:**

* A Chocolate Meditation course book.
* Mindfulness and meditation instruction online.
* Learn how to eat chocolate mindfully.
* Learn Meditation techniques and postures.
* FREE mp3 Guided Meditation download.
* 5% of the course goes to charity – Please see our website for this month’s charitable cause.

[www.chocolate-meditation.com.au](http://www.chocolate-meditation.com.au)

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