

BREAKOUT SESSION:

MINDFULNESS IN YOGA
& HEALTHY EATING

WITH CRYSTAL
BOMBERRY



**STRENGTHENING
COMMUNITY CAPACITY**
TO REDUCE THE IMPACT OF DIABETES

www.idhc.life FOR PRINTABLE RESOURCES

*always giving
thanks*

BELONGING & BEING ROOTED

INTERCONNECTED

GROUND

HAUDENOSAUNEE

PREPARING
FOR THE 7th
GENERATION



LIVING IN A
GOOD WAY



DISCONNECTION

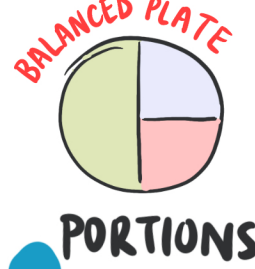
TRAUMA

- FUR TRADE
- RESERVATIONS
- RESIDENTIAL SCHOOLS
- INDUSTRIAL REVOLUTION & FAST FOOD

ILLNESS

RISE IN
TYPE 2
DIABETES

DIS-EASE



PORTIONS

6 ESSENTIAL
NUTRIENTS

SUGAR
ADDICTION



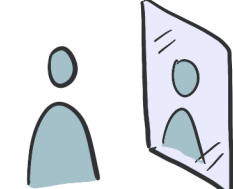
HONOUR
TRADITIONAL
FOODS

WE CAN MAKE
EATING A SPECIAL
OCCASION EVERY TIME

FOOD
ACCESS

ORGANIC
EATING

HUMBLE
AWARENESS



HEALTHY EATING
IS COMMUNAL

HOW CAN WE
HELP EACH
OTHER?

GET

EXCITED

LEARNING TOGETHER

TRADITIONAL FOODS

LAND
AIR
WATER



REMEMBERING
THE SPIRIT IN
OUR FOOD

A TIME FOR EVERYTHING
MINDFUL EATING

LOVE &
INTENTION

GRATITUDE

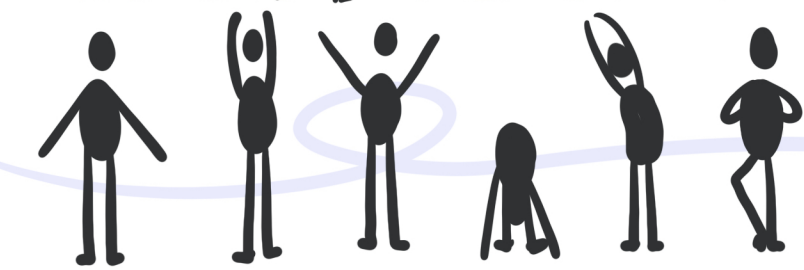
INGREDIENTS

ENJOYMENT

PREPARATION

RELATIONSHIP

MINDFUL MOVEMENT



AWARENESS OF
OUR BREATH

DO YOUR BEST
WITH WHAT
YOU HAVE

there is more
than ONE
WAY

TAKING SMALL STEPS TOWARDS
FOOD SOVEREIGNTY

OUR JOURNEY TOGETHER BUILDING OUR BUNDLES

24 FEB 2023

PROVINCIAL CHILD &
FAMILY PROGRAMS

LIVE GRAPHIC
RECORDING BY

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