

Product or Service	Objectives	RRP (AUD)	Duration	Cancellation	Refund
<p><b>Eating habit profile</b> Online individual consult focussed on assessing your main barriers to changing your eating habits.</p>	<ol style="list-style-type: none"> <li>1. To learn the 5 Eating for You steps to changing Eating Habits</li> <li>2. To uncover your biggest barrier to changing the way that you eat.</li> <li>3. To develop an action plan focussing on your main eating habit you want to change.</li> </ol>	\$147	30 min	48 hours	n/a
<p><b>Mindful Eating Foundations online course.</b> Six modules that are released at the start of each week. Each module takes 1.5 to 2 hours to complete. The modules include:</p> <ul style="list-style-type: none"> <li>- Video introduction and overview to the module</li> <li>- Educational videos (2 to 10 per module)</li> <li>- Weekly mindful eating journal (Downloadable PDF)</li> <li>- Reflection and activity worksheets (Downloadable PDF)</li> <li>- Mindfulness practice video</li> </ul> <p><b><i>Lifetime access to resources.</i></b> The homework requires the completion of the mindful eating journals and reflection and activity sheets. There are also recommended short daily activities. You will gain greater insight into your habits and understanding of how mindfulness practices assist in the changing of habits by completing the recommended activities. <b>See notes 1. And 2.</b></p>	<ol style="list-style-type: none"> <li>1. To create time to change eating habits.</li> <li>2. To connect with your when, what, why and how of eating.</li> <li>3. To become more aware of your reasons (drivers) for eating.</li> <li>4. To tune into and strengthen your trust in your appetite signals and choose more appropriate portion sizes.</li> <li>5. To acknowledge your non-hunger eating habits and find alternative choices to eating when you are not hungry.</li> <li>6. To connect with and observe your eating habits in a compassionate way.</li> <li>7. To learn practices that allow you to focus and reduce your stress related to your food choices.</li> </ol>	\$997 or 2 payments plan \$1097. \$648.05 deposit and \$448.65 in 30 days.	6 week course	n/a	14 day workbook refund. See 5.7 of Terms of Sale.

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<p><b>Mindful Eating and Living Membership</b>  Online group program focussing on specific monthly projects include videos a PDF workbook. Each month there is a different topic related to mindful eating and living.  Inclusions:</p> <ul style="list-style-type: none"> <li>- Minimum 2 live and recorded small group catch up calls per month.</li> <li>- Monthly project with videos and downloadable PDF resources.</li> <li>- You have access to online resources while you retain paid membership.</li> <li>- Annual membership includes a signed copy of the Eating for You book.</li> </ul> <p><b>See notes 1. And 2.</b></p>	<ol style="list-style-type: none"> <li>1. To have your questions related to he monthly project answered by Sallyanne.</li> <li>2. To receive support to achieve the goals outlined in the specific project that you are completing.</li> <li>3. To learn from the questions asked by other course members.</li> </ol> <p>The changes to your way of eating, health and wellbeing are dependent upon the implementation of the agreed recommended strategies.</p>	\$97 per month or \$997 annually	Month or annual	7 days noticed required for monthly membership subscription	n/a
<p><b>Mindful Eating Spring Program</b>  Online group 12 week program focussing on specific monthly projects include videos a PDF workbook. Each month there is a different topic related to mindful eating and living.  Inclusions:</p> <ul style="list-style-type: none"> <li>- Minimum 2 live and recorded small group catch up calls per month.</li> <li>- Monthly project with videos and downloadable PDF resources.</li> <li>- You have access to online resources during the course.</li> </ul> <p><b>See notes 1. And 2.</b></p>	<ol style="list-style-type: none"> <li>1. To have your questions related to he monthly project answered by Sallyanne.</li> <li>2. To receive support to achieve the goals outlined in the specific project that you are completing.</li> <li>3. To learn from the questions asked by other course members.</li> </ol> <p>The changes to your way of eating, health and wellbeing are dependent upon the implementation of the agreed recommended strategies.</p>	\$345 or \$397 with 2 payments: \$198.50 deposit and \$198.50 in 14 days.	12 weeks	n/a	n/a

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<p><b>Know Your Appetite online course</b>            Know Your Appetite is a short online course. The course includes:</p> <ul style="list-style-type: none"> <li>- 7 videos</li> <li>- 7 Day Mindful Appetite Journal (Downloadable PDF)</li> <li>- Downloads and tools.</li> </ul> <p><b><i>Lifetime access to resources.</i></b>            The homework requires the completion of the mindful eating journals and reflection and activity sheets. There are also recommended short daily activities. You will gain greater insight into your habits and understanding of how mindfulness practices assist in the changing of habits by completing the recommended activities.  <b>See notes 1. And 2.</b></p>	<p>2. To learn how to tune into your appetite.</p> <p>3. To acknowledge non-hunger urges to eat and find alternatives to eating when you are not hungry.</p> <p>4. To gain tips on how to improve the reliability of your appetite cues.</p>	<p>\$297 or \$342 with 2 payments: \$170.77 deposit and \$170.77 in 14 days.</p>	<p>30 days</p>	<p>n/a</p>	<p>n/a</p>
<p><b>Online course group coaching, optional extra to a 6 week online program</b>            The provision of support for the implementation of a specific 6 week course e.g. Foundations Mindful Eating. The coaching call allows for the answering of course member's questions and the provision of short educational sessions by Sallyanne. The catch up calls are recorded and available in the course portal.</p>	<p>1. To have your questions related to the course answered by Sallyanne.</p> <p>2. To receive support to achieve the goals outlined in the specific course that you are completing.</p> <p>3. To learn from the questions asked by other course members. The changes to your way of eating, health and wellbeing are dependent upon the implementation of the agreed recommended strategies.</p>	<p>\$1200</p>	<p>6 weeks, weekly one hour group coaching</p>	<p>n/a</p>	<p>n/a</p>

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<p><b>Individual coaching</b> –online. The number of consultations required depends on the specific health goals.</p> <p>Prior to your initial consult, you will be emailed a detailed health and lifestyle assessment form, which you need to complete prior to the consult. After each consult, you receive an emailed summary of the main points discussed. Correspondence will also be forwarded to your doctor, as appropriate.</p>	<ol style="list-style-type: none"> <li>1. The provision of personalised dietary and lifestyle advice based on your health, dieting history and lifestyle.</li> <li>2. The changes to your way of eating, health and wellbeing are dependent upon the implementation of the agreed recommended strategies.</li> </ol>	Note 3.	Note 4.	Note 5.	n/a
<p><b>Coaching for two</b> - The number of consultations required depends on the specific health goals.</p> <p>Prior to your initial consult, you will be emailed a detailed health and lifestyle assessment form, which you need to complete prior to the consult. After each consult, you receive an emailed summary of the main points discussed. Correspondence will also be forwarded to your doctor, as appropriate.</p>	<ol style="list-style-type: none"> <li>1. The provision of personalised dietary and lifestyle advice based on your health, dieting history and lifestyle.</li> <li>2. The changes to your way of eating, health and wellbeing are dependent upon the implementation of the agreed recommended strategies.</li> </ol>	Note 3.	Note 4.	Note 6.	n/a
<p><b>Coaching for small groups.</b> The number of consultations required depends on the specific health goals.</p> <p>Prior to your initial consult, you will be emailed a detailed health and lifestyle assessment form, which you need to complete prior to the consult. After each consult, you receive an emailed summary of the main points discussed. Correspondence will also be forwarded to your doctor, as appropriate.</p>	<ol style="list-style-type: none"> <li>1. The provision of personalised dietary and lifestyle advice based on one shared health goal.</li> <li>3. The changes to your way of eating, health and wellbeing are dependent upon the implementation of the agreed recommended strategies.</li> </ol>	Note 3.	Note 4.	7 days notice	n/a

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<b>Eating for You book – hard copy.</b> Comes with free downloadable workbook.	The Eating for You book is a personal guide to mindful eating and living. It may be read and used as a do it yourself health and lifestyle program, as well as a reference book.	\$29.95 plus postage	n/a	n/a	See 7. Of Terms of Sale
<b>Eating for You book – ebook suitable for Kindle and other e-readers.</b> Comes with free downloadable workbook.	The Eating for You book is a personal guide to mindful eating and living. It may be read and used as a do it yourself health and lifestyle program, as well as a reference book.	\$11.95	n/a	n/a	n/a
<b>Invited speaker and onsite workshops</b>	Deliver topic as agreed. Speaking and workshop topics include but are not limited to: 1. Principles and benefits of mindful eating. 2. Links between lifestyle choices and eating. 3. Links between eating patterns and health. 4. Vegetarian styles of eating. Why weight is not the issue.	Note 7.	Note 7.	Note 7.	Note 7.

## NOTES

1. Who the course is not suitable for:
  - If you are in the early stages of recovery from an eating disorder, such as bulimia nervosa or anorexia nervosa. Individual consults with your healthcare practitioners are the best support.
  - If you have recently had bariatric surgery. Please inquire for further information on the website contact page.
  - For healthcare practitioners. The course is designed for members of the community. The course is not designed as a train the trainer program. If you are a healthcare practitioner and would like further information about mindfulness and mindful eating, please inquire via the website contact page.
2. The course is for educational purposes only. It is not meant to replace the advice of your healthcare practitioners. For personalised dietary and health advice please consult your healthcare practitioner and, or book in for an individual coaching consult.
3. Priced for personal programs
4. As specified in personal program
5. 48 hours. If cancellation occurs in less than 48 hours, a fee of \$100 is payable.
6. 48 hours. If cancellation occurs in less than 48 hours, a fee of \$150 is payable.
7. As agreed in contract.

Date: 16 September 2020