



Welcome to Body Positive Australia!

You might be thinking "hang on, who is this bunch of people sending me a newsletter??!!" Well, we are super excited to let you know that **Body Positive Australia** is a NEW collaboration from **Sarah Harry & Fiona Sutherland** (aka "the RIPE girls") which brings together some of our great loves – our RIPE Group, Body Positive Retreats, Yoga, Counselling and Nutrition services. We made the decision to change our name with the aim of fully encapsulating what we are doing, both as a team and separately. We figured there was nothing more perfect for us than BODY POSITIVE and we hope you like it too!

We have launched a [new website](#) and will be keeping it updated with blogs, events, updates and everything you might need to keep your, your family or your client's life BODY POSITIVE.

Our new contact details are below and we welcome you to get in touch if or whenever you like – we are thrilled with the support we have had and are really excited about a wonderful 2014. Thanks so much to you all.

Body Positive Yoga

Sarah, the curvy yogi, will be offering a new way to improve your body image. Body Positive Yoga is for anyone (of ANY shape or size) who would like to explore improving their relationship with their body. A gentle, restorative practice to introduce the ideas of self-compassion, self-care and self appreciation.

Classes are currently on Mon evening & Wed morning

MONDAY SOLD OUT, still space on Wed morning & pending interest there may be a Sunday evening class offered.

Contact Sarah@bodypositiveaustralia.com.au – classes start February 10th!



2013 – what a year!

RIPE Group:

We met around 25 incredible women who showed enormous courage, honesty and commitment throughout the group therapy process. These women volunteered to participate in a study being conducted by Monash University (under the direction of the brilliant Leah Brennan) which is evaluating the effectiveness of RIPE Group in recovery from binge eating disorder or bulimia nervosa.

Body Positive Retreats (to be held late March 2014, Byron Bay) announced:

We launched the first ever Body Positive Retreat, what we believe offers a unique opportunity to women who are looking to connect with their body, food and other people in a positive way that reflects true self care.

ANZAED (Aust NZ Academy of Eating Disorders) Conference, August 2013:

Both Fiona & Sarah presented at various times throughout the conference but it was Sarah who stole the show, being awarded the "Best Presentation" award. She spoke about the research that we have been involved in (and continue to be) and clearly impressed the panel!

Body Positive Retreat – Update...



RETREAT HALF FULL and expecting to fill very soon!

Body Positive Retreats is for women who want a chance to get away to an AMAZING location in **Byron Bay** (check out the pool where ALL sizes are welcome!). It is not an eating disorders recovery retreat, but 4 days where you can expect plenty of yoga, nourishing food, fabulous company and lots of great workshops. We are thrilled that Thea O'Connor of "Nap Now" will be joining us for a workshop focusing on the importance of restoring your body through intentional rest and relaxation.

See the [Body Positive Retreats website](#) for further information soon or contact us ASAP if you would like to find out more.....



NEW RIPE GROUP

RIPE (Recovery Is Possible for Everyone) is a 14 week group therapy program for women with Bulimia or Binge Eating Disorder.

New RIPE Group starting **mid February with all assessments to be done at the start of Feb** – please [contact us](#) for more details.....

Counselling Services – new location...

Sarah will be moving her counselling services to the wonderful team at Janet Lowndes & Associates at **Suite 404, Stanhill Building, 34 Queens Road, Melbourne**

Contact Sarah for appointments:
sarah@bodypositiveaustralia.com.au

Keep in touch...

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