

**Newsletter from Mary Ann Iyer, MD
Jan/Feb 2016**

Greetings and may your new year be blessed with deep comfort --- and ever-deepening insights ---

This month I am sharing a couple of recent interviews I had with Ann-Marie McKelvey, the founder of the Santa Fe Mindfulness Coaching school – Mindfulness; and Mindfulness in association with eating. Enjoy!

<http://www.maryanniyer.com/interviews.html>

And here is a recent You Tube entry on Mindfulness in Eating:

https://www.youtube.com/watch?v=43_vC2EkdF0



Snippets of Information:

- Dr. Iyer is the former Medical Director for the Samaritan Integrative Medicine Program, which she developed, at Good Samaritan Health Services in Oregon. She is currently on faculty at the Daoist Traditions College of Chinese Medical Arts in Asheville, NC, where she teaches the Psychology and Ethics curriculum. She is available for private consult or working with groups in the resolution of complex dynamics and stagnations. Contact her through her webpage contact page: <http://www.maryanniyer.com/contactmaw.html>
- You Tubes of talks: <https://www.youtube.com/user/DocMAWallace/>. Please pass on to anyone who may benefit from these. Dr. Iyer provides these free of charge as a service, hoping to share the work she has already done. There are trailers here as well as full talks; and a couple excerpted meditations that folks might find useful.

Joy to you! ~ Mary Ann Iyer, MD

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