



## Take your fast to the next level: Make it a Spiritual Fast!



- Get rid of mental and emotional toxins while the body releases physical toxins.
- Let go of lifetime blockages and experience a total renewal.

A spiritual fast unblocks the inner source of **transformation**: it creates a unique opportunity to **let go** of all that no longer serves us at all levels: body, mind and spirit and get closer to the truth of who we are. When we fast from food, we learn to feed on pure **Life-force**, from air, water and nature. Fasting opens up our **energy channels** and is an ideal time to start or deepen our spiritual yoga practice. You will find that the body is **more flexible** and meditation goes **deeper**. Conversely, practicing physical yoga postures during the fast help maintain **muscle tone**.

*"When you fast, the Light will illuminate you". Gandhi*

### Program:

- Sat. 5-6:30pm:** Hatha Yoga; Cleansing Breaths; Intention Setting; Deep Relaxation
- Mon. 7:30-8:30pm:** Yoga of the Mind: Zero Point Process. Free yourself from past conditioned pre-programming that hold you back.
- Tues. 7:30-8:30pm:** Postures, Breathing and Meditation. Quiet your mind and cultivate Joy.
- Wed. afternoon:** Intro to living foods; individual metabolic assessment sessions. (45 mns/p)
- Thurs. afternoon:** Well Being training with heart coherence feedback (45 mns /p)
- After the fast:** Individual follow up session, in person or by phone
- Included: 2 Relaxation CDs ("Letting Go" and "Harmony with Food")
- Included: Basic Living Food handbook

The Spiritual Fast package has a value of over \$300 and is offered at a special introductory price for only \$175! Call now to reserve your spot!



Platinum

Dr. Anne-Marie Derouault has been a regular juice faster and rawfoodist for the last 10 years She received her Spiritual Intensive and Live Food Diploma from the School of Living Arts (AZ) with Gabriel Cousens, MD. She has been practicing yoga and meditation for over 20 years. She is certified in Kripalu Yoga and Amrit Yoga. Her company, Emergence Resources, offers Yoga, Raw Food Education and Stress Reduction coaching. [www.CoachYoga.com](http://www.CoachYoga.com)—321 431 5054



Official Branch