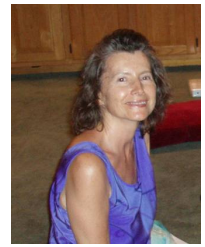




Take your fast to the next level: Make it a Spiritual Fast!



I fast to be free
Free from the bondage of food
Free of accumulation
Free to merge with the whole
I fast to turn inwards
To feel that spaciousness inside
To feel that light inside
To feel that peace inside.

From "The peace of the fast", A.M Derouault

Spiritual Fast package:

Sat. 5-6:30pm: Hatha Yoga; Cleansing Breaths; Intention Setting; Deep Relaxation

Mon. 7:30-8:30pm: Detoxification for the Mind: Zero Point Process.

Wed. 5-6.15pm: Food metabolic assessment: are you getting the nourishment that you need?

Private consultation: Sit down with us and discuss your needs, issues and questions about live food or toxic stress. Includes computerized heart coherence feedback.

Included: Relaxation CD and Living Food handbook

The Spiritual Fast package has a value of \$195 and is offered at a special price for \$125. 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.



Official Branch