

Resting with Peace: 14-day Fasting Retreat

Friday Night, May 7 through Friday Morning, May 28, 2010

Location: Pink House, Las Vegas / Call Linda 702-240-6275

<i>Preparation</i>	Day A – Evening Talk: Resting with Peace Day B – Cleansing Body, Cleansing Mind Day C – Evening Celebration at Amritam near Anthem
<i>Rest</i>	Day 01 – Morning Meditation and Purification Ceremony Day 02 – Morning Meditation and Evening Program Day 03 – Morning Meditation Day 04 – Morning Meditation Day 05 – Morning Meditation and Evening Dances of Universal Peace Day 06 – Morning Meditation Day 07 – Morning Meditation Day 08 – Morning Meditation Day 09 – Morning Meditation and Evening Program Day 10 – Morning Meditation Day 11 – Morning Meditation Day 12 – Morning Meditation Day 13 – Morning Meditation Day 14 – Morning Meditation
<i>Flow</i>	Day A – Morning Meditation – Engaging and Evening Program Day B – Morning Meditation – Inviting Day C – Morning Meditation – Continuing Day D – Morning Meditation – Chanting and Celebration

Fast Begins Monday, May 10 and ends Monday, May 24. Two days preparation to work into the fast begins Friday evening, May 9. Three days flow out of the fast begins Tuesday, May 25 through Friday Morning, May 28. You are welcome to join any of our morning sits and evening programs. Brian will be leading Tuesday Night Meditation Group May 11, 18 & 25th from 7 - 9 p.m. To participate in any of the fasting days for any amount of period please call Linda 702-240-6275.

We will be following the Master Cleanse Lemonade Diet advocated by Naturopath, Stanley Burroughs in his book, *The Master Cleanser*, which will include evening tea and morning cleanses. Preparation and Flow Days are to allow a gentle transitioning into and out of the fast. Fasting requires personalized attention, therefore the amount of days one stays in a fast, and how long it takes to work out of the fast needs to accommodate the individual's specific needs regarding liquids consumption, frequency and working with adverse symptoms that may occur due to a detoxification response.

An introduction to fasting will be offered on Preparation Day A during a Friday Night Talk and Discussion. And the official retreat will begin with meditation and chanting Monday morning. All are welcome to the events regardless if you are planning to fast. It is a wonderful opportunity to become more in touch with the profound peace and wisdom that is available in your own body and mind.

Please consult your primary care practitioner before beginning the fast. This fast is intended for regular maintenance of otherwise healthy individuals and is not intended to cure or fix any ailments or disease.

Evening Programs: \$20; Morning Sits: \$5 visit www.briankimmel.com