

Why Not Now!

7 Day Cleansing Fast

Feb 13-20, 2012

9:00 am to 2:30 pm

In Two Stunning Locations
no gathering on Sunday



Fasting is a safe and effective way to clear your body of toxins and

enhance its

innate

healing

potential.

Periodic

cleansing and

fasting

revitalizes the body and

enables it to heal and recharge

itself. The cleansing process

begins to release stored toxins from processed or cooked foods,

chemicals and other

environmental exposures.

During the fast you will be

surrounded by a supportive

group of men and women while

you learn about how your body

works, the medicinal value of a deep cleanse, the importance of

nutrition, techniques to reduce

stress, the science of the breath,

the magic of your imagination,

the mind-body connection and

re-entry post cleanse.



This fully supported seven day

cleanse includes personalized

guidance by two experienced

health professionals, all

supplements, colonics kits,

recipes, yoga, meditation and

Healing Breath work. This fast has

been specifically designed for

those who want to experience

fasting for the first time in a safe

environment.



Exchange: S\$1297 (cash/ check)

S\$1347 (credit card)

*Sign-up closes on Feb 1st
and pre-tox begins!!!*

Why Not Now???

You're in Good Hands

Dana Heather:

dana@balancedlivingasia.com



Nutritionist Dana Heather has been learning about daily maintenance of the body since a very young age. She clearly remembers asking her mother what function each supplement had in assisting the body. Later in her teens, she discovered the therapeutic effects of herbal mixtures to clear a respiratory tract infection that nothing else could get rid of. Her curiosity rose even further and at the age of 20, Dana did her first 3 month colon cleanse through using special herbs that slowly cleaned the

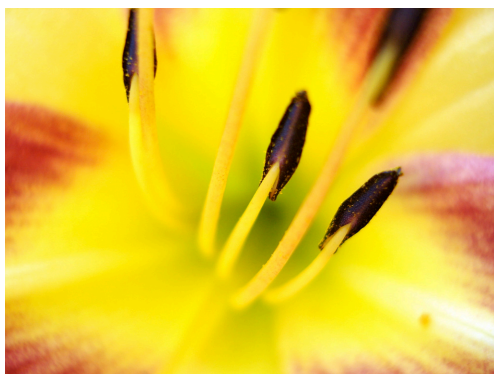
system . Astounded at the results, it was this point in time she knew her life's calling was to share this experience along with many others to those who were interested in natural health.

Dana started to educate herself in many areas of health through personal experience and education. She felt that understanding the human body on a base level was of extreme importance and thus earned a 4 year Pre-Med degree in Medical Sciences / Pathology at Victoria University in New Zealand. The completion of that degree gave the base knowledge of the human body and helped her understand the many areas of study to complete a Masters of Holistic Nutrition in Naturopathy. But where would the physical body be without the mind in tact? Dana Heather felt that a four year degree in Homeopathy completed a well rounded education to enable her to work with individuals, couples and families on the many aspects of natural health.

She also has many years of personal experience and study in Fasting, Colon Cleansing and Detoxification of the body. She believes that giving the body the break it deserves and cleansing it internally is crucial for continued overall health through the years. After all, this type of ritual has been taking place for centuries and it is the current western world that has pushed this cleansing aside or altered it to suit a very toxic lifestyle.

Overall, Dana preaches 'daily maintenance' and opening Balanced Living Asia was the perfect way she could give access to information and amazing health products to people from around the globe. After all, health is a personal choice and responsibility; we are only given one body and taking care of it through the years is crucial to us living a healthy, happy and prosperous life.

Anne Hockett
annehockett@me.com
www.youhealing.net



Anne Hockett brings together a solid foundation of education, research and experience with a unique gift to help people manage their stress and dis-ease. With over 25 years in the health care field, she brings clarity to the integration of modern medicine and traditional energy healing. Anne's clients praise her teaching for its integrity, effectiveness and passion.

Anne has had a busy clinical practice in Singapore and now also practices in Ubud, Bali. Working with both children and adults, she originally specialized in the care of those managing cancer and heart disease. Her practice has now broadened to include young people, students, families, pregnant women, teachers, corporate clients and medical professionals.

She teaches the profoundly effective breathing technique called the Healing Breath, a clinically proven specialized relaxation response for stress reduction and pain management. She also teaches stress management through Yoga Nidra and Mindfulness Meditation as well as many workshops and retreats in healing modalities including meditation, cleansing, and fasting. She also teaches a unique Life Planning Course that gives people specific tools for life renewal.

Prior to moving to Asia in 1989, Anne worked with the Ford Foundation, the U.S. National Academy of Sciences and the U.S. Secretary of Health and Human Services. She has a Masters degree from the Johns Hopkins School of Public Health and a variety of training credentials in other health care and healing modalities including meditation, guided imagery, homeopathy, Reiki etc. Anne is deeply trained in mindfulness meditation and was selected to join Asia's first health care professionals to be trained by Drs. Jon Kabat-Zinn and Saki Santorelli, who are well known for their nearly 30 years of pioneering work in Mind Body Stress Reduction research. She is also specifically trained to bring mindfulness into schools throughout Asia. Anne maintains close ties with a number of the world's best medical institutions and research organizations.

Anne has been dedicated to a personal meditation and healing practice for more than 10 years - a practice that guided her to a full recovery from a life-threatening heart condition. Partner to the same man for nearly 25 years, she is mother of two teen-aged daughters.

Testimonials

I came to cleanse inside and out -- and I leave lighter and happier and more committed to truly living than ever! I feel amazing! Truly amazing.



My health condition, from which I was told I would never recover, has disappeared. I would not have believed the power of cleansing if my cynical mind had not experienced it first hand. I'd recommend this to anyone with a health condition or to anyone who has struggled with cancer or any disease for that matter.

I came because my friend talked me into it. I thought I was doing it for her. It was the best experience I've had in years! Thank goodness for friends.

The feeling of "detoxifying" was wonderful -- but the bonus of all the positive support, learning, energy, complete relaxation -- hadn't expected that.

Both Dana and Anne bring amazing gifts and so openly share all that they know.

They truly care and made this such a divine experience.

I had an amazing week!

Anne and Dana are truly great people. They have an incredible amount of knowledge. And, the good thing is that they just want to share it with you!

There are no words to describe how I felt during the fasting week. I discovered so much about myself. I feel I have benefitted immeasurably both physically and emotionally!

This was my second time fasting. The preparation and detox information made this fast so much easier on my body! I can say now that I feel amazing. People are stopping me to ask what I've done because I look so great! Thanks again for everything!

A wonderful experience. I thank you from my heart!

I would recommend this to anyone I loved. this is the best all around experience of detoxifying emotionally and physically -- truly life changing!

The feeling of strength that comes with being able to last the week comfortably showed me I can do anything I set my heart and mind to!

WOW!! Changed my life.....

