



integrative wisdom path

PRESENTS

TRANSFORMING CONSCIOUSNESS

Through Fasting, Meditation & Breath

Fasting is an ancient practice that has been used for purification, healing, rejuvenation of the physical body, and for balancing energy. It allows one to break away from the habitual pattern of getting energy solely from food and open to the possibility for direct absorption of the Natural Elements. Through fasting, practitioners are able to reach deeper levels of purification and the body becomes a portal to enter higher states of consciousness for healing.

This one-day intensive workshop will explain the importance of fasting from the ancient Siberian tradition, and provide an opportunity for participants to experience a fast in conjunction with sacred rituals, specialized breathing techniques, and guided meditation. Participants will also learn to identify dysfunctional emotional patterns, and techniques to balance them.

Saturday April 19th, 2008 10 am to 5 pm
Pasadena, California (location to be announced)
Cost: \$140. Cancellation fee: \$40
No refund after April 10th
Preregistration is required
Limited to 15 participants
Please contact Dr. Lee at 626-396-1871
or visit www.integrativewisdompath.com

Dr. Elena Loboda is a wisdom keeper of ancient Veddik tradition of Northern Lineages. An M.D. in Chemistry and a Ph.D. in the field of Clinical Neurochemistry, Dr. Elena Loboda synthesizes her advanced scientific knowledge with extensive studies in Buddhist, Hindu and yogic traditions at monasteries and ashrams in the Himalayas and Tibet. She has also trained with Carlos Castaneda, Siberian shamans, Taoist and Sufi masters. Dr. Loboda has conducted independent research on the ancient knowledge of Hyperborean lineage in Russia and the Native American Shamanic heritage.

Dr. B. Raven Lee is a transpersonal-Jungian psychotherapist, meditation teacher, and diplomat in clinical hypnotherapy. She has been integrating Buddhist practices, dreamwork and shamanic healing with western psychology and interpersonal neurobiology in her private practice in Pasadena, CA. A Reiki Master/teacher and mystic. Dr. Lee has studied with shamans from Mexico, and teachers directly from the Source. Founder of Integrative Wisdom Path, she is currently researching the healing principles of ancient Tibetan Bon-Buddhist meditation practices.