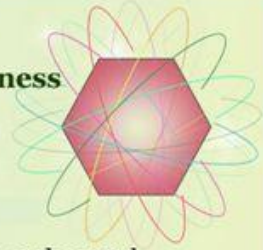


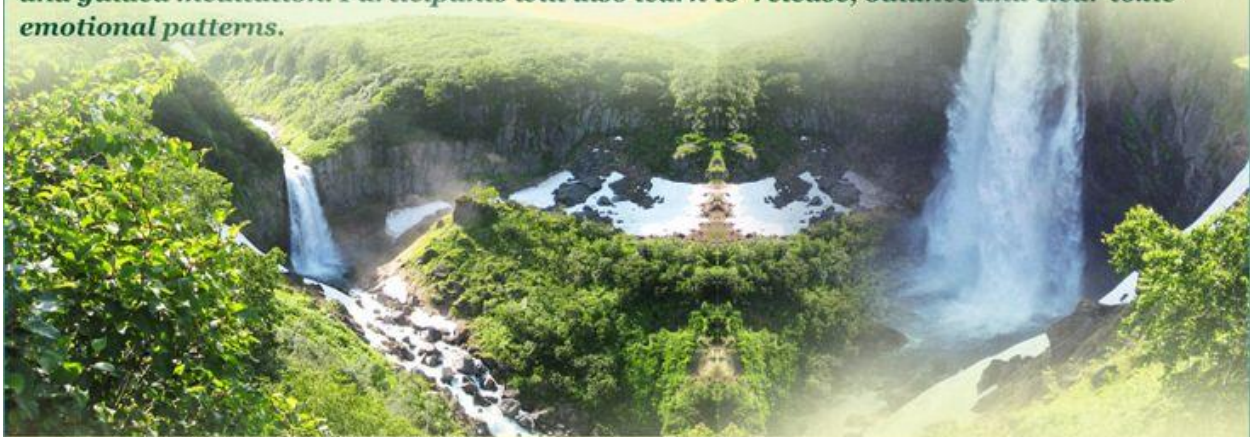
# **Transformational Fasting:** **Rejuvenation, Balance and Clarification of Consciousness**

**With Dr. Elena Loboda and Dr. B. Raven Lee**  
**February 26th –February 28th 2010**



The stress-filled lifestyle of modern civilization has impacted our physical, emotional, and mental well-being. In the current age of rapid and significant changes in our society and environment, we are challenged to make a quantum leap in our consciousness by “detoxifying” on all levels. In addition to spiritual practices, 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 intensive workshop begins with an introduction to the importance of fasting from the ancient Siberian tradition, and the connection to emotional and mental clarity. This is followed by two days of fasting with sacred rituals, specialized breathing techniques, and guided meditation. Participants will also learn to release, balance and clear toxic emotional patterns.*



**Dr. Elena Loboda** is a wisdom keeper of ancient Veddik tradition of Northern Lineages of Arctic Gaia. An M.S. in Chemistry and a Ph.D. in the field of Brain Neurochemistry, Dr. Elena Loboda synthesizes her advanced scientific knowledge with extensive studies in Buddhist, Hindu, Bon and Yogic traditions at monasteries and ashrams in the Himalayas and Tibet. She has also trained with 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, fellow in clinical hypnotherapy, and certified Breath Release practitioner. 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, Dr. Lee leads Sacred Feminine pilgrimages to S. France and coleads “The Way of the Mystic Shaman” program. She is currently researching the healing principles of ancient Tibetan Bon-Buddhist meditation practices.

***Pre-registration is required. Space is limited.***

Friday, February 26th, 2010: 7:00-9pm Saturday 27th 10am-5pm, Sunday 28th, 2010: 10 am to 4 pm.  
Altadena Healing Art Center, 1911 N. Lake Ave, Altadena, CA 91001

Please contact Dr. Lee at 626-396-1871, [dravenlee@juno.com](mailto:dravenlee@juno.com) or visit [www.integrativewisdompath.com](http://www.integrativewisdompath.com)  
Cost: \$280. Cancellation fee: \$40. No refund by February 20th.