

THE HEART OF NOURISHMENT CLEANSE TRAINING PROGRAM

Nourishing Your Body to Awaken Your Spirit

July 6-18, 2010

Join Halé Sofia Schatz, pioneering author and founder of the Nourishment Cleanse process, for the transformational Heart of Nourishment Training Program. This training offers certification in The Nourishment Cleanse™, which will provide graduates with the holistic skills required to guide and support clients through this gentle, profound and empowering process.

The Nourishment Cleanse™ is aligned with the time-honored tradition of sacred cleansing which has been practiced throughout history. This gentle and powerful modality allows the body to release excess, to revitalize, and to receive from the deep inner well of wisdom. The Nourishment Cleanse™ — a food-based cleanse, not a fast — provides a vital tune-up for body, mind, and spirit. This process provides individuals with access to deeper aspects of self and evokes a greater willingness to make positive life changes.

During the Training Program participants will experience their own cleanse process and explore the essentials of the healing art of guiding clients through a cleanse:

- Fasting vs. cleansing models
- Individual vs. group cleansing
- Cleansing through the seasons
- Breaking the perpetual feasting cycle: letting go to receive
- Facilitating through didactic and experiential processes
- Simplifying digestion: assimilation, elimination, and illumination
- Experiencing the wisdom of vital essence foods: from the garden into the kitchen
- Allowing the discovery of 'who you are feeding'
- Integrating nourishment for a clear body, calm mind, and grateful heart
- Supporting and accelerating positive changes for your clients

Halé Sofia Schatz



Halé Sofia Schatz is an author, nourishment educator, and consultant who has been inspiring people to nourish their bodies and spirits for more than 30 years through her pioneering work with food, healing and consciousness. She is the author of *If the Buddha Came to Dinner: How to Nourish Your Body to Awaken Your Spirit* and *The Nourishment Cleanse Workbook*.

Program Details

Dates: July 6-18, 2010

Location: Lexington, MA

This is a non-residential program (for housing needs, please contact info@heartofnourishment.com)

Training Schedule:

10-day Cleanse:

July 6, 8, 13, 15, 6:30-9pm

July 7 and 14, 7-9pm

Two Weekends:

July 10-11 and July 17-18, 10am-4pm

Delicious local organic foods lunch will be provided both weekends.

This will be a group of participants who are committed to their own development while simultaneously desiring to be of service to others in the nourishment, healing, and consciousness field.

Graduates will receive Certification in the Nourishment Cleanse™ process and also receive 10 copies of the Nourishment Cleanse Workbook. Post training support will be available via seasonal conference calls, which are included in the tuition.

A letter of intention is required for application to the program.

Tuition: \$2400

For more information, email: info@heartofnourishment.com

www.heartofnourishment.com