



*YouHealing and Dharma Healing International  
Present*

# The 3<sup>rd</sup> Singapore Shift Fast

With Anne Hockett and Hillary Hitt

November 21<sup>st</sup> to 28th 2011 - Daily from 9 to 2:30, except Sunday

The Venue is at Anne's Jungle Home Near Vivo City (address)

We are so pleased to once again be guiding this life-changing fasting process. We will be sharing the very latest natural and esoteric science and enjoying new forms of meditation and body movement. This 7 day fasting circle will shift each participant to a higher level of physical, health, emotional healing and spiritual connection. . . And we have a few new surprises for YOU! . . . New workshops on Happiness, Archetypal-Astrology and the Power of No!

**Course Price:** 1200 Singapore Dollars

The price includes all medicinal herbs, drinks, clay, course books, all classes, colonic kit, recorded meditations, personal counseling, Iridology reading, specific body flows and much more! *A non-refundable deposit of \$300 secures your cushion.*

Come Join Us for  
A Special Experience in the Middle of the City . .  
To Fast, Cleanse, Share and Meditate

## In Sacred Community Let's Come Together to Rebirth A New You!

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Anne has concentrated her efforts in the health care field for more than 25 years. She has applied her work experience, research and teaching skills in Asia to better understand how modern medicine and traditional energy healing can be most effectively integrated. Since 1983, Anne has worked in a variety of capacities with children and adults with physical and emotional needs. She specializes in the care of those managing cancer and heart disease but her practice has broadened considerably over the years. She is working with more and more young people, students, families, pregnant women, corporate clients and medical professionals. She also very happily trains many octogenarians!

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. She is also 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 -- well known for their nearly 30 years of pioneering work in Mind Body Stress Reduction research. She is also one of the only Mindfulness Practitioners trained in the U.S. by experts who have successfully integrating such techniques into school systems around the world. Anne maintains close ties with a number of the world's leading medical institutions and research organizations.

She is happily the mother of two teenaged daughters and partner to the same man for nearly 25 years. She has been dedicated to her personal mind body healing practice for more than 10 years – a practice that has lead to her sustained health and full recovery from a life-threatening heart condition.

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Hillary emphasizes inner child work and rebirthing through the fasting process, while utilizing Buddhist psychology and philosophy in healing and education. As fasting is a sacred spiritual,

mental and physical practice which releases old built up karma over lifetimes, by incorporating the Buddha-Dharma Hillary offers a completely empowering, student-centered, educational, transformative, experience. Hillary's programs present countless bits of information regarding how to be your own teacher and heal yourself. She offers useful tips on how to live on planet earth with a healthy stomach; sharing up to date research to support your reentry into the world of food. As each student seeks the inner path toward his/her "higher immune intelligence" and liberation, like no other practice, abstaining from food or fasting enhances the journey .

After graduating with a Masters in Education from The Harvard Graduate School of Education, she ventured to Koh Samui, Thailand where she has been living for the past 24 years. Since 1973, Hillary has been teaching, designing curriculum and various programs of all kinds to individuals and groups around the world following the evolution of her life practice -- according to Buddhist principles; while incorporating not only fasting but also Iridology, Reflexology, Spiritual Nutrition with Raw and Healing Foods, Psycho-spiritual inquiry, Hatha, Karmic, Kundalini and Kriya Yoga, Vipassana Meditation, The Ageless Wisdom , Ascended Masters, Astrology, Chakra-Qi, Kundalini Colonics and devotional aerobic movement, such as swimming, running, jungle hiking, dancing and cycling.

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*With Love, Light and Peace*

*Anne and Hillary*