

Your hosts for this extraordinary event are:

David Wolfe –

Foremost Promoter of the Raw Food Diet,
Health and Success Through the Sunfood Diet

David Wolfe is one of the most sought after health and success speakers in the world today. David is considered the world's leading authority on living food nutrition. In his books, seminars, and retreats, David shows you how to use raw plant foods, right lifestyle, and positive thinking to become healthy, wealthy, and to achieve your full potential. His message is about healing through massive prosperity at all levels.



David is the author of *The Sunfood Diet Success System*, the premier book on living foods. He has also co-authored *Nature's First Law: The Raw Food Diet*. He is the co-founder of Nature's First Law, the world's premier source of living-food recipe books, raw philosophy books, juicers, and raw organic plant foods. Currently, David travels, conducting success seminars and lectures, and appearing on radio and television internationally.

Whether you choose to be a vegetarian or a vegan or simply wish to succeed with another organic diet, David Wolfe's message will help you to live with more abundance and enjoyment.



Other Speakers/Instructors Include:

Sequoia Neptune –

Ashtanga Yoga & Raw Lifestyle

Sequoia Neptune is the developer of Dakini Yoga. She blends traditional Iyengar and Ashtanga



Jon Cotton –

Firewalk Instructor and Seminar Leader in
Personal Power, Growth & Excellence

Jon Cotton is dedicated to teaching people how to create what truly matters most to them. He helps them go beyond the limits of what they dreamed was possible by providing a dynamic, results-oriented approach.



His intense desire to learn and go beyond the preconceived limits of human potential has led him on a 20 year journey through cutting edge technologies of personal development. Jon is a Firewalk Instructor and has led thousands of people through his Fire Within™ seminars. He is also a certified practitioner of both NLP (neuro linguistic programming) and prana yoga, and has taught meditation and intuition for over 15 years.

Jon has a private counseling practice, and his company, *The Fire Within*, is the largest distributor of the *Arise & Shine* internal cleanse program.

Jon is known for his ability to inspire people to expand into their own greatness. He assists groups in creating an uncommon atmosphere of safety, trust and intimacy. Through a loving and compassionate presence he shares how to fulfill our deepest human needs, to create unconditional love and community in our lives.

Yoga with intuitive awareness, accommodating all levels. She is also a trainer in Whole Brain Functioning and facilitates outdoor adventure based trainings. She is an executive at Nature's First Law, dedicated to healing the planet and ourselves through the living vegetarian lifestyle.

Special Surprise Guests –
to be announced

Discover the Life You Were Meant to Live

Join us at Eden Hot Springs, Arizona, for a week of Retreat, Rejuvenation and Reconnection. Adventure into 2001 with a renewed sense of purpose, personal power, healing and relaxation. *Enjoy:*

- Healing Hot Springs*
- Wild Foods Nature Walks*
- Gourmet Raw Cuisine*
- Ecstatic Dancing*
- Yoga & Meditation*
- Intimate Connection*
- Informative & Inspiring Seminars*
- Firewalk into 2001 (optional)*

You Will Learn To:

- ★ **Accomplish** what seems impossible
- ★ **Transform** fear into unstoppable personal power
- ★ **Change** limiting thoughts & beliefs
- ★ **Experience** massive joy in your life
- ★ **Share** rapport, better communication, understanding, trust and intimacy with others
- ★ **Practice** meditation, clairvoyant and practical spiritual energy work techniques
- ★ **Exercise** your vision and soul power versus your will power
- ★ **Prepare** Gourmet Living Foods, hands-on
- ★ **Find**, pick and eat wild plant foods
- ★ **Create** the diet and lifestyle right for you—personal consultation for every participant!

Register NOW, this event will sell out!
Call 510-653-FIRE or 888-RAW-FOOD

Ignite The Fire Within

JOURNEY
TO
PERSONAL POWER,
HEALING &
REJUVENATION

DEC. 30 – JAN. 6
2001

Eden Hot Springs
Arizona