

Journey to Paradise

Join us for a week of Fun in the Sun! Come to Eden Hot Springs, located about 2 hours east of Phoenix, Arizona. Enjoy a pristine and serene Southwest setting with numerous hiking trails. Splash and bathe in the most healing hot spring waters in North America.



This retreat is a total return to nature! Early morning hot spring baths will enliven you. Picturesque mountains will inspire you. Playtime in the mud will balance you. The spectacular sunsets will captivate you. The workshops will energize and empower you!

Accommodations

Accommodations are rustic, yet cozy. You will stay in a 100-year old Victorian Hotel for 7 days and 8 nights. All guests have full access to all facilities!



Ignite Your Fire Within!
Call 510-653-FIRE or 888-RAW-FOOD



On the 100-acre grounds are:

- ☉ an Olympic-sized outdoor mineral springs swimming pool
- ☉ 4 smaller natural hot springs & mud baths
- ☉ an unspoiled natural setting, serene hiking trails, teepees—all on sacred ground

Each day, guests will enjoy a light breakfast followed by a gourmet live-food lunch and dinner.

More Than You Can Imagine!

This week may be more fun than you've had in a long time.

Daily activities include:

Yoga, chi gung, hiking, sunbathing, music, drumming, dancing, wild-food walks, classes on raw-foods in natural settings! Bodywork, structural realignment, watsu, waterdance, colonics and personal consultations are also available. Participate in and enjoy entertaining, educational, and empowering workshops, including life visioning, NLP, meditation, intimacy and communication skills, breathwork and two firewalks.

Classes & Special Events

Return to the Garden – Living Foods

Learn to prepare gourmet live food cuisine in fun hands-on classes. All levels are welcome. Learn to eat with joy and simplicity. Taste exotic fruits, create raw soups and vibrant vegetable juices. Discover how to make your skin glow and your energy soar.

2001: A Health Odyssey

At David Wolfe's seminar you will learn:

- ☉ The Sunfood Diet Success System.
- ☉ How to heal the body through diet.
- ☉ The power and importance of detoxification.
- ☉ Balancing minerals and food classes to achieve specific physical, mental, emotional, and spiritual states.
- ☉ How to succeed on a vegan or raw food diet.
- ☉ The Physiology of Excellence.
- ☉ Intestinal cleansing & the truth about herbs.
- ☉ Massive abundance, money and the Raw-Food Diet.

Wild Foods Walk

Eating wild foods strengthens and reconnects you with the original rhythms of the Earth. Learning to identify, pick, and eat wild foods is a unique health-giving skill. David Wolfe will provide you with the knowledge he has gathered about the philosophy, practice, and spirituality of eating wild plants. On David's wild food walk, you will taste exotic wild foods and learn how to incorporate them into your diet and lifestyle.



*Give yourself the gift of this experience—
one you will always remember as a
turning point—a quantum leap toward
living your dreams.*

Journey to Power



Initiation... Firewalk into 2001

Step into a new level of unlimited possibility for yourself. Allow Jon Cotton to guide you through this ancient rite of passage. With accelerated learning techniques, visualization and movement you'll learn new methods of creating that which you most desire. Move beyond fear and unleash your unlimited potential. It's such a peak group experience it won't matter if you actually walk across the 1200 degree coals or not! Although most realize they can do it, and do...easily.

Achieving Your Visions

You will practice and learn skills you can utilize immediately to energize and attract what you are most passionate about. You'll learn:

- ☉ *To radiate & attract love & abundance.*
- ☉ *How to condition yourself physically, emotionally & mentally for success.*
- ☉ *3 simple recipes for success.*
- ☉ *A 5-minute visualization to ensure you attain the results you want every day.*
- ☉ *To break bricks & boards & bend steel with your bare hands with little strength or effort.*

Journey to Healing & Love



Enjoy tremendous emotional release and healing through an unusually beautiful group breathwork process. Through playful, nurturing, heart opening processes, old wounds are released as the group magically transforms into a supportive, unconditionally loving and functional family. Change painful emotions into uplifting, empowering ones. Expand and enhance your capacity to share feelings of connection and intimacy. *Create unconditional love and community in your life.*