

# Ken's Juicing weekend 2011!

## Rediscover your inner beauty in heavenly nature of the Catskill mountains



Living in the city and always rushing to somewhere, have you ever wondered if you could just get rid of your emotional and physical burdens and live your life with freedom and at ease?

Oh, yes, when we are on vacation, we are just relaxed and become our true selves. Even then, have you ever wished you could just take the relaxed feeling home with you when you go back to reality and everything becomes the old same again?

Here is the opportunity. This summer, come join us to our weekend juicing camp! Located in Catskill, the upstate NY, our facility is surrounded in beautiful nature. Here, once you breathe the fresh mountain air, you can refresh your body and mind. And with our juicing program, you can cleanse your body and regain your self-healing power.

Our juice is made from locally-grown organic vegetables and fruits and nutritious herbs Master healer Ken Kobayashi specially prescribed for this juicing program. Once your body is cleansed, your mind will be more clear and focused. You will love the experience! During the program, Ken will guide you through the process offering several useful lectures for you to learn how to keep the healthy living in your daily life, so you can transform your busy life into peaceful and happy one. Let's work on it!!

### Schedule for Summer 2011

It is a three-day program from Friday afternoon to Sunday. Accommodation will be provided.

1. July 8, Friday - July 10, Sunday
2. September 9, Friday - September 11, Sunday

### Registration/Camp Fee

\$375

Full refund with 7 days notice (by Friday of the week before the workshop)

50% refund with 4 days notice (by Monday of the week of the workshop)

0% refund after Monday of the week of the workshop

### Payment

We accept cash or credit cards (Visa, Master, Amex or Discover) . No checks will be accepted.

**Seats are limited to about 10-12 people.  
Register Early!**

**For more information and reservation:** Call 212-685-4325 or email us [mail@kensheaven.com](mailto:mail@kensheaven.com)



### Benefits of Juicing:

- Detox your body
- Lower cholesterol
- Improve Blood Pressure
- Regain focused mind
- Boost your own healing power; Homeostasis
- Rejuvenate your body

### Various workshops:

- Basic detox and nutrition
- Deep breathing - how to get pure oxygen into your heart & lungs
- Do-In-Koh Exercise
- Massage w/hands & feet
- Talk on Metaphysical & Kabbalah Science
- Stress management
- Taichi
- Nature Walk
- Using nature's power
  - Shin-Tsu-Riki
  - Aura Power

