



2019 BODY-MIND PURIFICATION RETREAT

Under the Guidance of Venerable Master Tam Thanh

Venerable Thich Tam Thanh is a Zen master who has dedicated more than 30 years to this Body-Mind Purification process by teaching people to become more awake & mindful while establishing harmony within oneself, one's communities & the environment.

He graduated from the Medical School of Laboratory Technology in Saigon, Vietnam in 1987 and taught as a faculty professor. In 2001, he received a Ph.D. degree in pharmacy from Temple University specializing in nutrition and diabetes. In 2012, He founded Tathata Nourishment Center, a non-profit organization whose mission is to teach people how to master their life in health, mindfulness, and in service to the community/environment.

Each year, he guides over 40 weekly retreats in Europe, America, Australia, and Asia, on this purification technique based on scientific, medical and applied Buddhist principles--Metta, Karuna, and Mindfulness.

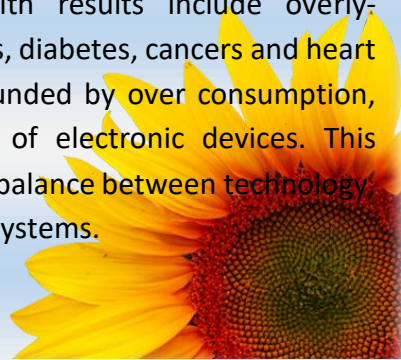
About the Body-Mind Purification Retreat

Reclaim control to live healthier & happier by establishing harmony between our Body, Mind, & our Environments!

Body and Mind are two inseparable entities that cooperate to exist. When our Body is unhealthy then our Mind is restless; likewise, when our Mind is unstable, our Body will not be in flow causing physical disorders & diseases.

This 5 all day retreat consists of workshops focused on building a better understanding of the body's internal functions relative to nutrition, foster participants mindfulness and purification from negative thoughts through meditation lessons and practices, and learning yogic systems to maintain a healthy relationship between the body and mind.

The retreat also includes a 5-day body purification/cleanse to eliminate toxins from the physical body, thru natural vegetables juices and oils. Today, many of our foods are processed with sugar, preservatives, and chemical additives. By artificially enhancing the flavor & color of food via chemicals, directly and/or indirectly weakens our immune system. Ultimately, the health results include overly-exaggerated epidemic in allergies, diabetes, cancers and heart diseases. This is further compounded by over consumption, unmindful lifestyle, and abuse of electronic devices. This retreat seeks to restore and find balance between technology, the mind, and our physiological systems.



"I feel lighter, cleaner, and healthier."

"There is great benefits when one becomes more aware, awake, concentrated, and more peaceful."

"there is a commitment to change unhealthy lifestyles, unhealthy eating, & thinking habits."

REGISTRATION AND INFORMATION:

Registration Fee: \$250 inclusive of all materials, workshops, and juice cleanse.

Contact: Amphay Champathong

Phone: 808-218-9301

Email: amphay@hawaii.edu

LOCATION:

Bodhi Tree Meditation Center

654 A Judd Street

Honolulu, Hawaii 96817

DATE AND TIME:

August 20-24, 2019

7am-7pm

Please register early as space is limited!!