

Punarnava Summer - 24 May to 8 June 2012

Experience a spiritual sojourn in India for 6 to 15 days with Art of Living

ENQUIRIES : **Art of Living** T +852 **ashrampunarnava@gmail.com**

We invite you to experience increased energy, improved mental focus and direction, better quality sleep, greater ability to control emotions, confidence and clarity, contentment and fewer negative thoughts. Art of Living courses include a series of breathing techniques, meditation, yoga, cleansing and knowledge sharing to achieve unconditional fulfilment. We invite you to experience these courses with an all-in-one package. Punarnava Summer offers a variety of courses with combined packages to suit your level of practice in meditation, breathing techniques (pranayam) and yoga and participants have access to resident health practitioners. The courses run alongside Punarnava, an ayurvedic food festival with music and knowledge sessions about the philosophy of meditation. Come alone or bring friends or family. The Art of Living International Centre is a 1.5 hour taxi ride away from Bangalore City, India. Packages include accommodation and food and the cost varies based on days spent at the ashram and your country of origin. Packages do not include airfare, transportation and visa costs. The Art of Living Hong Kong Centre runs regular meditation, stress management and self development courses - email sirisri@netvigator.com for details.

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"Dying to Live" with Anita Moorjani

Book signing and talk at Bookazine on 22 May at 7pm

ENQUIRIES : **Bookazine** | T +852 **2555 0431** | E enquiries@bookazine.com.hk

After fighting cancer for almost four years, Anita's body was overwhelmed by malignant cells spreading aggressively throughout her system. On 2 February, 2006, lying motionless in a Hong Kong intensive care unit with hours to live, her family gathered by her side, preparing for the inevitable and watching helplessly as her organs failed. As body begin shutting down, Anita entered into a near-death experience that has since been documented by NDERF (Near Death Experience Research Foundation) and classified as an Exceptional NDE. Upon regaining consciousness, Anita's condition improved so rapidly that she was released from the hospital within weeks with no trace of cancer in her body, leaving doctors and specialists puzzled. In her recently published book, "Dying to be Me," Anita describes her experience of entering another dimension and being given a choice of whether or not to return to her life. She shares how she realized her inherent worth and discovered the actual cause of her disease. Anita is back home in Hong Kong following a world tour sharing her story as a special guest of Wayne Dwyer. She offers practical insights with clarity and humor in a way that will forever change the way you view your world.

POSTED : 1-May-12

Enjoy Fair Trade Goodness

Our products are good for you and good for humanity

Global Handicrafts T +852 **2272 9333**

Enjoy our favorite Divinity Chocolate in a variety of flavors. Try our new products filled with delicious fair trade goodies and good for your health. For a slow energy release get snacking on our fair trade blend of whole Brazil nuts, almonds, walnuts and cashew nuts - suitable for vegetarians. Traidcraft Raisin & Apricot Snack Pack is a blend of fair trade raisins from South Africa and finely chopped apricots for easy snacking. - Suitable for vegetarians. Vine Fruit Muesli with juicy Fair Trade raisins and sultanas is a perfect healthy choice for breakfast. Call us to order.

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Hong Kong Alley Cats

Caring for abandoned and homeless pets

ENQUIRIES : **Michelle** T +852 **9310 0744**

HK Alley Cats Watch was founded in 1997. Privately funded, its sole aim is to help the plight of Hong Kong's street cats. This is achieved through trap, neuter, and release, a homing program for the friendly ones, and in looking after the general welfare and health of the cats on the streets. We work towards decreasing, and eventually eliminating, the number of cat colonies through trap, neuter and release. We encourage people to show tolerance towards animals in general, and in tandem with other animal welfare groups, to educate the public in responsible pet ownership. Don't throw away pet carry bags, blankets and towels - they are always needed, as are homes for the gorgeous kittens that continue to arrive every week. Visit the website for photos.

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