

DHARMA INTERNATIONAL FASTING  
COURSE FOR TEACHERS, COUNSELORS AND HEALING  
PRACTITIONERS

7 Day 2017 Courses - March 6th, April 17th, August 28<sup>th</sup> & October  
2<sup>nd</sup> Including: Iridology, Counseling, Medicinal Liquids, Colonic Irrigation, Yoga, Dharma

### An In Depth Spiritual Education

Having a mindful, loving relationship with our own nurturing means knowing how to program our body, mind and spirit to do without food from time to time, and to do without the material world.

In this very unique fasting course we create a whole new paradigm for teaching, counseling and treating others based on Dharma teachings that not only support our very personal fasting experience but also center us into an "emptiness" for understanding the wise and humble path that nurtures, loves and serves our Higher Self as we serve and care for others.

Hillary Adrian Han directs Dharma Healing International, a healing retreat-type center that has conducted fasting course programs on Koh Samui in Thailand for over 22 years. She has been teaching and counseling for the past 40 years and has now designed a new and exciting training program founded on Buddha Dharma principles most appropriate for all classroom teachers, coaches, nutritionists, guides and practitioners in the healing arts. The course encompasses Hillary's many years of translating Dharma texts, study, research, teaching and practice in fasting, bio-spiritual nutrition, spiritual counseling and guiding fasters at the Dharma Healing International.

For more information please contact Hillary at [hillaryadrian@yahoo.com](mailto:hillaryadrian@yahoo.com)