



Dear fans of FRESH life! ;-)

In the ripest summer 2010 – **August 7th-14th** - we invite you to a **fresh week in the beautiful highlands of the Czech Republic**. Abundant fruits, movement in the nature, sun and amazing people are awaiting all of us! ☺

You will be in **Paradise**.

- Your **mind** and your **soul** will be nourished by morning **meditations, lectures** about lifestyle, food, worklife balance and other topics. A mysterious guide will introduce you to **forest „what-can-I-eat“ secrets**. Evening discussions will poise your curiosity and boost your knowledge ☺
- Our **bodies** will flourish. „**Stone-in-water throwing**“, „**tree for-a-plum climbing**“, **natural movement**, crystal clear water splashing, running-for-joy, yoga, massages and other events will **rejuvenate our bodies** and **inspire our egos**
- Jointly and with a collective imagination we will prepare **raw vegan delis**, made of **fresh and ripe fruits and veggies**, occasionaly of nuts, too. Low fat gourmet pleasure will be based on **80/10/10 principles**



On top of all this, we will have a few **interesting guests from all over the world**. **Frederic Patenaude**, a low-fat raw vegan guru and lifestyle advisor will teach us how to realize our dreams. **How to balance soul, body, food and work**. The other guests will introduce us to **medicinal view of raw food**, to the **art of eating exotic fruits**, to **healing techniques** etc.

We will be accommodated in a **former mill** in the beautiful nature of **Czech highlands** (<http://www.ceskapohoda.cz/vysocina-penziony/ubytovani-vysocina-mlyn-snezne>), in rooms with 3-7 beds with a nearby **stream chattering under our windows**. Those who like to sleep under stars, can bring own **tents** ☺.



The price below includes accommodation, full raw vegan board, sport activities, lectures and discussions with a number of guests. Your application is valid only after payment of a deposit (50% of full price). There is no deadline but the mill capacity is limited to 40 people ☺.

Adult (mill accomod.)	Kid under 12 (mill accomod.)	Adult (tent)	Kid under 12 (tent)
EUR 280	EUR 190	EUR 230	EUR 150

If you are interested, please write to freshnessweek@rajchuti.cz. We very much welcome participants from all over the world, of any colour and any lifestyle! And especially those, who love the real life (ever seen Avatar?) and know how to enjoy it. Those who don't we will show. We look forward to meeting you, friends! ☺

www.rajchuti.cz

www.freshness.cz

