



FRUKTIFEST 2010



This first **International Fructivore / Fruitarian and Breatharian Festival** will be an exceptional event in Human history. **Fructivory** is the **practice of eating only fruits**, so neither roots, tubers, stalks, leaves and nor, obviously, animal products. **Fruitarianism** is fructivory and the philosophy of respect associated with it. The fruits, rich in water, picked and eaten raw immediately and in conscience, in or under the fruit plant, are foods that have the greatest life force and aura : The Prana. Thus, fructivory prepares the way for **pranic nourishment** which consists of feeding only on love, fresh water, air, sun, contact with earth and sand... In contrast to fasting; this « hibernates » the digestive system, stabilises body weight and gives more energy and time awake.

FRUKTIFEST 2010 will take place between the 1st and 22nd of August 2010 in Paimpont, Brittany, France, which is in the Brocéliande Forest known for its legends of enchantment. Brittany is one of the exceptional tourist regions of Europe, having many megaliths and a wild natural beauty, with beaches, islands, forests, heaths and more. There, in August, the average minimum and maximum temperatures are 14 and 25 degrees C, and rainfall is slight.

The aims of **FRUKTIFEST 2010** are:

- 1- To define and express a world fructivore/fruitarian and pranic culture
- 2- To develop the international fruitarian/fructivore and pranic network
- 3- To have fun, to radiate good vibrations that will help and save nature, animals and plants, to become stronger, to develop muscle tone and to further our self-development.
- 4- To practice fructivory or a liquidarian diet for those who are neither fructivore/fruitarian, nor liquidarian, *on condition of abstaining from any drug* (tobacco, coffee, wheat (bread), cocoa, tea, alcohol, cannabis etc.) *while staying positive*, and from any animal products or products tested on animals such as: meat, fish, dairy, eggs, honey, leather, wool, silk, or plants: roots, stalks, leaves or sprouted seed.

Participation: The festival is based on complete free access thanks to the gifts from voluntary donors at the end of it, but also on sharing and participation. Some artists may be unaware of this principle and may pass a hat around to collect euros after their show. Trips to gather wild berries and fruits will be organized. It will be possible, thanks to the donations of some, to collect you at the coach stop 5 km away in Paimpont, from a bus coming from Rennes, the big town nearby.

Interpreting: As of today (18th September 2009) we have interpreters registered for: English, French, Dutch, German and possibly Esperanto and Castilian (Spanish). We are looking for other free interpreters.

Activities: There will be yoga, lectures, walks and jogging in the forest, limbering up and muscle building exercises, meditation, shamanic drumming, song, dance, massage and music creation sessions. Suggestions for activities or improvements will be given directly to the Organization Committee members, or during the evening general gathering.

Accommodation will be at an eco-site in the forest, in your tent, caravan or truck. Please do respect the site hosting our event: a set of rules will be distributed. We shall go to bed at sunset, except for a nighttime event. There will be a kitchen provided for groups, a shelter with tables and benches, a yurt, composting toilets, and showers with black solar bags. An excellent drinking water spring is 600 meters away: bring your glass bottles. Juicy organic fruits will be sold at bulk price. Dogs are allowed on site, if kept on a leash, or carefully looked after. Please clean up after them, so we can walk barefoot.

Registration is limited to 200 places. Kindly pre-register or register as soon as possible by e-mail so we can arrange vehicle sharing, giving your name (or pseudonym), your country, town or region from where you will be coming, and means of transport, with the expected number of places in your vehicle. Please tell us if you want to contribute a workshop or a lecture and how many kilograms of organic fruits and organic apple juice bottles you think you will consume, taking into account your eventual days of fasting as it will enjoyable to fast in such a peaceful gathering. Those coming from Oceania, Asia, Africa and America will probably need to travel via Paris or London, then Rennes or Nantes, or Portsmouth and St Malo.

www.fruktifest.org

Forum where to write about Fruktifest : <http://www.fruchtesser.de/frugiforum/showthread.php?tid=246>