

Session Topic:

Understanding Fasting: Mind, Body, and Culture

Question for Breakout Room Discussion:

- 1. Have you ever gone for a longer time than usual without eating? How did you feel?**
- 2. Why do you think some people choose to fast, either for religious reasons or other reasons?**
- 3. If you were going to try fasting for a short time, what do you think would be the hardest part for you?**