

JANUARY/FEBRUARY 2012 – UPCOMING EVENTS

“Be who you are and say what you feel, because those who matter, don't mind, and those who do, don't matter.”

JANUARY/FEBRUARY 2012 EVENTS

Bi-Monthly Newsletter #98 (since Nov. 95)

REIKI INFO TALK

Tuesday, January 10, 2012 – at Whole Foods Market, Oakville – 7 pm – Free.
Call (905) 849-8400 to register –or just come along! – www.wholefoodsmarket.com

REIKI MINI-WORKSHOPS

EVENING – Wednesday, January 18, 2012 – 7 - 10 p.m. - Cost - \$25.
DAYTIME – Thursday, February 2, 2012 – 11 – 2:30 pm – Cost - \$25.
EVENING – Monday, February 13, 2012 – 7 – 10 pm – Cost - \$25.
Pre-requisite - Level I with me. Pre-register at least 24 hrs. prior.
An opportunity to give & receive treatments, meet new friends, reconnect with former classmates, share information & ideas – incl. snacks/teas.

AXIATONAL ALIGNMENT WORKSHOP

Wednesday, February 8, 2012 – Cost - \$25 – 7 – 10 pm.
Pre-requisite – for those who have taken the Axiatonal Alignment training with me.
This workshop allows for lots of reinforcement and practicing of all 3 stages of all 3 stages of this healing technique (which can be incorporated into Reiki treatments or done on their own). You will have a chance to do several treatments on one another & each student will also receive a treatment.

DISTANT HEALING WORKSHOP

Thursday, January 12, 2012 – 7:15 – 9:15 pm - No cost.
Pre-requisite - Level II with me. Pre-register at least 24 hrs. prior.
Symbols are reviewed, distant healings sent for practice, reinforcement, reassurance, building confidence & feedback is shared afterwards.
Bring the name of a person, issue or situation to send healing to that evening.

LEVEL I COURSE (WEEKNIGHT/ WEEKEND)

January 26 – 29, 2012 – Cost - \$250 - incl. certificate, snacks, teas, handouts.
Thursday, January 26, 2012 - 7 - 10 pm & Friday, January 27, 2012 – 7 - 10:30 pm.
Saturday & Sunday afternoon, January 28 & 29, 2012 – 12:30 – 5 pm.
Learn all about Reiki, how it works, how to do self-treatment & treatment on others, discussions, demonstrations, daily attunements & lots of practice time, certification. Reviewers (if taken with me) can take it again at 1/2 price.

FULL WAVE BREATHING WORKSHOP

Tuesday, January 31, 2012 – 7:15 – 9:30 pm - \$25 – Pre-register – * only 8 spots.
This breathing technique brings more energy & oxygen to the body, new awareness of thinking & being, clearing & moving energy, empowering & connecting, aligning heart's desires & regaining a sense of physical, emotional, mental & spiritual well-being. We have an introduction & demonstration, set an intention, breathe for 45 minutes, integrate & relax for 15 minutes, share & interpret (for those who feel like it), finish up with snacks & teas, followed by grounding exercises. Open to anyone.

VACATION

- February 17 – March 3, 2012 – in Key West, Florida for our son's wedding!

LEVEL II REIKI

- a 3 month wait after Level I, taught one-on-one scheduled on our own. There are 3 three-hour sessions to be completed within a two week time frame.

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