



Upcoming Classes and Events

Advance Registration Required.

Date/Time	Event	Description
Scheduled throughout the year on Sundays 12-8pm \$165	Traditional Japanese Reiki 1st Degree Bruce Davis	Basics of TJR practice. Learn energy healing and the basics of TJR as you become a TJR Practitioner. This is a practical class for beginners. Traditional Japanese Reiki is a close reconstruction of the system as it was originally practiced in Japan. Bruce Davis is one of a handful of certified instructors for this system of Reiki, which is true to the original roots of its practice.
Scheduled throughout the year on Sundays 12-8pm \$185	Traditional Japanese Reiki 2nd Degree Bruce Davis	Learn the deeper principles of TJR, the Reiki Symbols and "Absentee Reiki." Reiki 1 certification required.
Scheduled throughout the year on Sundays 12-8pm \$205	Traditional Japanese Reiki 3rd Degree Bruce Davis	Learn the empowerment technique, developing intuition, certification TJR Advanced Practitioner. Reiki 2 certification required.
Scheduled regularly throughout the year. Dates TBD. \$40	Benefits of Aromatherapy Aruna Sivakumar, LMT	Basics of aromatherapy in a hands-on class. Create your own products. FREE GIFT!
Sundays, January 10 th and 17 th from 9am-5pm \$199	Hemi-Sync Workshops Andrea Berger	Second, is a Hemi-Sync class with Andrea Berger! What better time than this to renew yourself? This 2-day weekend workshop is very explorative...we do several meditations/guided visualization exercises, using the Hemi-Sync audio technology (CDs) developed by Robert Monroe. The goal is to help people become better versions of themselves, by helping them achieve profound relaxation, deep contemplation, increased intuition, communication with the Higher Self and access to guidance.
8 weekly sessions beginning: Saturday, January 24 th 10am-11:30am \$240	Transformational Breathwork Gay Pupura, CHC, CTBC, LHP	Transformational Breath™ opens up and corrects lifelong restricted breathing patterns: reduce stress, strengthen your immune system, increase your energy/vitality and help asthma, high blood pressure and anxiety symptoms. Learn about the research, science and results, which have created this powerful healing practice over the last 30 years. In addition, each participant will receive a <u>personalized breath analysis</u> and will work together in a group to open any restricted breathing patterns. Class is limited to 6 participants.

Didn't find what you were looking for? Just ask!
Please call 513.891.1324 to register.