

## BALANCE4LIFE WORKSHOP TIMETABLE TO JUNE 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Reiki Share</b>  1 <sup>st</sup> Monday of the month 6.30 – 7.30pm  4 sessions <i>No class April 1</i>  4 <sup>th</sup> Feb 4 <sup>th</sup> March 6 <sup>th</sup> May 3 <sup>rd</sup> June  <i>Cost: \$120 prepaid \$35 on the night</i>	<b>Introduction to Energy Coaching</b>  2 <sup>nd</sup> Tuesday of the month 6.30 pm – 9.30pm  5 classes <i>(15 hours)</i>  12 <sup>th</sup> Feb 12 <sup>th</sup> March 9 <sup>th</sup> April 14 <sup>th</sup> May 11 <sup>th</sup> June  <i>Cost: \$750 Manual included</i>	<b>Developing Intuition /Meditation</b>  3 <sup>rd</sup> Wednesday of the month 6.30pm – 8pm  5 classes  20 <sup>th</sup> Feb 20 <sup>th</sup> March 17 <sup>th</sup> April 15 <sup>th</sup> May 19 <sup>th</sup> June  <i>Cost: \$150 prepaid \$35 on the night</i>	<b>Introduction to Polarity Therapy</b>  4 <sup>th</sup> Thursday of the month 6.30 – 9.30pm  5 classes <i>(15 hours)</i>  28 <sup>th</sup> Feb 28 <sup>th</sup> March 25 <sup>th</sup> April 23 <sup>rd</sup> May 27 <sup>th</sup> June  <i>Cost: \$750 Manual included</i>	<b>Lunchtime Meditation</b>  1 <sup>st</sup> Friday of the month 12.30pm – 1pm  5 sessions  1 <sup>st</sup> Feb 1 <sup>st</sup> March 5 <sup>th</sup> April 3 <sup>rd</sup> May 7 <sup>th</sup> June  <i>Cost: \$100 prepaid \$25 on the day</i>	<b>Reiki Review</b>  February 23 <sup>rd</sup> 10am – 5pm <i>Cost: \$250 Re-certification included</i>  <b>Reiki 1</b> March 23 <sup>rd</sup> 10am – 4pm + Sunday 10am – 4pm  <i>Cost: \$250 Certificate &amp; manual included</i>  <b>Reiki II</b> May 25 <sup>th</sup> 10am – 4pm + Sunday 10am – 4pm  <i>Cost: \$750 Certificate &amp; manual included</i>

## ABOUT THE CLASSES

For all evening and weekend classes please arrive on time as the centre doors are locked after 4.30pm and entry is only gained after using the night bell, which is disruptive to other participants. ***Latecomers will not be admitted.***

Please be aware that the room is booked for a specific time and there may be other businesses using the room after your session, particularly during the day.

**REIKI SHARE, DEVELOPING INTUITION AND FRIDAY MEDITATION** sessions will run with a minimum of 2 people and a maximum of 8.

**REIKI I & II CLASSES** will run with only 1 participant and a maximum of 10.

**Reiki Review** is for those who have trained with another Master/Teacher and have lost contact with them, or you wish to continue your training to a higher level.

You will have been drawn to these classes, at this time and I have taught many people on a one-to-one basis. Regardless of class size, you can be assured of quality teaching. When you are ready to explore and commit to Reiki Mastership and/or Teaching, you will know. Training at this level can take between 6 -12 months.

### What you need:

- You will need to bring snacks and your own lunch.
- Wear loose, comfortable clothing
- if you have your own portable massage table, bring it along.
- Reiki II students will need to bring an unused pillow/cushion for distance work.

### INTRODUCTION TO ENERGY COACHING & INTRODUCTION TO POLARITY THERAPY

**Missing a class:** Please advise by 4pm if you are unable to attend and every effort will be made to record the class for you.

If there is sufficient interest, both courses will be run again as an intensive, on a weekend to be confirmed. Each class will run with a minimum of 4 and a maximum of 12.

**BOOKING FEE** – there is a non-refundable booking fee of \$50 for REIKI, ENERGY COACHING AND POLARITY classes. This covers some of the cost of printing your workbooks and booking the room. Payment of the booking fee one week prior to the course starting will ensure a place is held for you and indicates your commitment to participate.