

He rt of Being

Heart of Healing

'Going Deeper into Your Reiki Practice'

Have you ...

Have you taken a Reiki class, and after the initial novelty of the experience, allowed your personal practice to fall away? (You are human, caught up in a busy life after all). Perhaps you simply feel you would like to reconnect...with the practice; with other people like yourself, with the group experience.

Have you been practising for a time and feel drawn to take some next step, feel that you are ready for something more; ready for a dimension of the practice that is not yet in your experience?

Have you have been practising with a therapy-based focus, and the healing process has drawn you to awareness of unanswered questions about your experience and the nature of this practice?

If you have answered "yes" to any of the above questions, then the space to do all these things, to discover your own answers to your questions, to find new depths in your experience of the Reiki practice, may be found in this workshop.

The Experience

Heart of Healing is an opportunity to explore the potential for personal and spiritual enrichment that is inherent in the practice of Reiki, the Usui System. You wont be taught Reiki or techniques in this class. The class is a time for self discovery using the the Reiki practice you already know.

During this 2-day workshop you will be guided in a purposeful, unique, and simple blend of integrative experience designed to create a space of simply 'being'; a place where the healing that is held in the now moment, and a deepening awareness of self, may occur.

Pre-booking is essential. Workshop numbers are limited. This workshop is open to anyone who has taken the first degree class in any form of Reiki practice. Hands-on-treatment time is an integral part of this experience.

The Facilitators

Mark Ruge and Annabel Muis are Reiki masters, each with more than fifteen years in the practice. They are active contributors to the work of national and international Reiki membership bodies. They offer the depth of their personal practice to support those who wish to deepen in the experience of their own Reiki practice. The practice of Usui Shiki Ryoho is the central core of their spiritual practice.



Workshop fee \$150

Early Bird discount of \$15.00 if paid two weeks in advance

Phone NOW! to reserve your place



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9.23 am - 5.00 pm both days

