

### REIKI FIRST DEGREE TRAINING COURSES:

Saturdays	<b>04-Jan - 01-Feb</b>	:	10:00 > 14:00
Thursdays	<b>09-Jan - 06-Feb</b>	:	19:00 > 23:00
Thursdays	<b>30-Apr - 28-May</b>	:	9:00 > 13:00
Saturdays	<b>02-May - 30-May</b>	:	15:00 > 19:00
Thursdays	<b>13-Aug - 10-Sep</b>	:	9:00 > 13:00
Saturdays	<b>15-Aug - 12-Sep</b>	:	15:00 > 19:00

R1350 - 5 wks

### REIKI SECOND DEGREE TRAINING COURSES:

Saturdays	<b>15-Feb - 28-Mar</b>	:	10:00 > 14:00
Thursdays	<b>20-Feb - 02-Apr</b>	:	19:00 > 23:00
Thursdays	<b>11-Jun - 23-Jul</b>	:	9:00 > 13:00
Saturdays	<b>20-Jun - 01-Aug</b>	:	14:00 > 18:00
Thursdays	<b>22-Oct - 03-Dec</b>	:	19:00 > 23:00
Saturdays	<b>24-Oct - 05-Dec</b>	:	10:00 > 14:00

R1950 - 7 wks

### REIKI MASTERS DEGREE TRAINING COURSES:

Thursdays	<b>14-May - 18-Jun</b>	:	19:00 > 23:00
Saturdays	<b>16-May - 20-Jun</b>	:	10:00 > 14:00
Thursdays	<b>29-Oct - 03-Dec</b>	:	9:00 > 13:00
Saturdays	<b>31-Oct - 05-Dec</b>	:	15:00 > 19:00

R2250 - 6 wks

### CRYSTAL HEALING PRACT. TRAINING COURSES:

Saturdays	<b>04-Jan - 25-Apr</b>	:	15:00 > 19:00
Thursdays	<b>09-Jan - 23-Apr</b>	:	9:00 > 13:00
Thursdays	<b>02-Jul - 15-Oct</b>	:	19:00 > 23:00
Saturdays	<b>04-Jul - 17-Oct</b>	:	10:00 > 14:00

R3950 - 16 wks

### Integrated YOGA Classes @ TheStudio

<b>GROUP CLASSES</b>	Mon	:	19:30 > 20:30
	Tues	:	19:00 > 20:00
	Wed	:	18:00 > 19:00
	Fri	:	5:00 > 6:00
	Fri	:	19:00 > 20:30
	Sun	:	16:00 > 17:30

R120 - Drop In \* MAX 6 PAX



### Chakras....a Practical Guide ≥ ½ Day Workshop

Sat	<b>04-Apr</b>	10-2pm	~	Thu	<b>23-Apr</b>	7-11pm
Thu	<b>30-Apr</b>	7-11pm	~	Sat	<b>06-Jun</b>	3-7pm
Thu	<b>24-Sep</b>	9-1pm		Sat	<b>24-Oct</b>	3-7pm

R350 p.p \* 4hrs

### A Journey to the Inner Child ≥ ½ Day Workshop

Thu	<b>13-Feb</b>	7-11pm	~	Sat	<b>11-Apr</b>	10-2pm
Thu	<b>16-Apr</b>	7-11pm	~	Thu	<b>07-May</b>	7-11pm
Thu	<b>04-Jun</b>	9-1pm	~	Sat	<b>10-Oct</b>	3-7pm

R350 p.p \* 4hrs

### Crystals....an Introduction ≥ ½ Day Workshop

Thu	<b>09-Apr</b>	7-11pm	~	Sat	<b>25-Apr</b>	10-2pm
Sat	<b>16-May</b>	3-7pm	~	Thu	<b>17-Sep</b>	9-1pm
Sat	<b>19-Sep</b>	3-7pm	~	Thu	<b>15-Oct</b>	9-1pm

R350 p.p \* 4hrs

### Mandala Meditations ≥ 2 Day Workshop

Sat	<b>09-May</b>	10-2pm	> & >	Sun	<b>10-May</b>	10-2pm
Sat	<b>13-Jun</b>	3-7pm	> & >	Sun	<b>14-Jun</b>	10-2pm
Sat	<b>08-Aug</b>	3-7pm	> & >	Sun	<b>09-Aug</b>	10-2pm
Sat	<b>03-Oct</b>	3-7pm	> & >	Sun	<b>04-Oct</b>	10-2pm

R500 p.p \* 8hrs (x2 half days)

### HEALER SHARES

Sunday's 11:00 > 15:00	<b>26-Jan</b>	<b>29-Mar</b>
	<b>17-May</b>	<b>12-Jul</b>
	<b>06-Sep</b>	<b>01-Nov</b>
		<b>13-Dec</b>

### ANNUAL YOGA RETREAT

18-20 April 2020

*Details on Request*

# TRAINING CALENDAR 2020

### YOGA INTENSIVES / WORKSHOPS

<b>24 January</b>	19:00	>	21:30	Yoga & The Chakras
<b>20 March</b>	19:00	>	21:30	8 Limbs of Yoga
<b>29 May</b>	19:00	>	21:30	Mantra & Yantra
<b>31 July</b>	19:00	>	21:30	Happy Spine, Happy Heart
<b>25 September</b>	19:00	>	21:30	The Soul Muscle - Psoas
<b>27 November</b>	19:00	>	21:30	Power Arm Balances

R200 p.p \* 1.5hrs \* MAX 6 PAX

All Application documentation is available for download or online completion on the website:

[www.holisticme.co.za](http://www.holisticme.co.za)