

REIKI FIRST DEGREE TRAINING COURSES:

Saturdays	02-Jan - 30-Jan	:	10:00 > 14:00
Thursdays	07-Jan - 04-Feb	:	19:00 > 23:00
Thursdays	29-Apr - 27-May	:	09:00 > 13:00
Saturdays	08-May - 29-May	:	15:00 > 19:00
Thursdays	12-Aug - 09-Sep	:	09:00 > 13:00
Saturdays	14-Aug - 11-Sep	:	15:00 > 19:00

R1350 - 5 wks

REIKI SECOND DEGREE TRAINING COURSES:

Saturdays	13-Feb - 27-Mar	:	10:00 > 14:00
Thursdays	18-Feb - 01-Apr	:	19:00 > 23:00
Thursdays	10-Jun - 22-Jul	:	09:00 > 13:00
Saturdays	19-Jun - 31-Jul	:	15:00 > 19:00
Thursdays	21-Oct - 02-Dec	:	19:00 > 23:00
Saturdays	23-Oct - 04-Dec	:	10:00 > 14:00

R1950 - 7 wks

REIKI MASTERS DEGREE TRAINING COURSES:

Thursdays	13-May - 17-Jun	:	19:00 > 23:00
Saturdays	15-May - 19-Jun	:	10:00 > 14:00
Thursdays	28-Oct - 02-Dec	:	09:00 > 13:00
Saturdays	30-Oct - 04-Dec	:	15:00 > 19:00

R2250 - 6 wks

CRYSTAL HEALING PRACT. TRAINING COURSES:

Saturdays	02-Jan - 24-Apr	:	15:00 > 19:00
Thursdays	07-Jan - 22-Apr	:	09:00 > 13:00
Thursdays	01-Jul - 14-Oct	:	19:00 > 23:00
Saturdays	03-Jul - 16-Oct	:	10:00 > 14:00

R3950 - 16 wks

Integrated YOGA Classes @ TheStudio

GROUP CLASSES	Mon	:	19:30 > 20:30
	Tues	:	19:00 > 20:00
	Wed	:	18:00 > 19:00
	Fri	:	05:00 > 06:00
	Fri	:	19:00 > 20:30
	Sun	:	16:00 > 17:30

R120 - Casual * MAX 6 PAX



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

Sat	03-Apr	10-2pm	~	Thu	22-Apr	7-11pm
Thu	29-Apr	7-11pm	~	Sat	05-Jun	3-7pm
Thu	23-Sep	9-1pm	~	Sat	23-Oct	3-7pm

R350 p.p * 4hrs

A Journey to the Inner Child ≥ ½ Day Workshop

Thu	11-Feb	7-11pm	~	Sat	10-Apr	10-2pm
Thu	15-Apr	7-11pm	~	Thu	06-May	7-11pm
Thu	03-Jun	9-1pm	~	Sat	09-Oct	3-7pm

R350 p.p * 4hrs

Crystals....an Introduction ≥ ½ Day Workshop

Thu	08-Apr	7-11pm	~	Sat	24-Apr	10-2pm
Sat	01-May	3-7pm	~	Thu	24-Jun	9-1pm
Sat	29-Jul	3-7pm	~	Thu	16-Sep	9-1pm

R350 p.p * 4hrs

Mandala Meditations ≥ 2 Day Workshop

Sat	08-May	10-2pm	> & >	Sun	09-May	10-2pm
Sat	12-Jun	3-7pm	> & >	Sun	13-Jun	10-2pm
Sat	07-Aug	3-7pm	> & >	Sun	08-Aug	10-2pm
Sat	02-Oct	3-7pm	> & >	Sun	03-Oct	10-2pm

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

HEALER SHARES

Sunday's 11:00 > 15:00	24-Jan	28-Mar
	11-Jul	01-Aug
	07-Nov	12-Dec

ANNUAL YOGA RETREAT

17-19 April 2020

Details on Request

TRAINING CALENDAR 2021

YOGA INTENSIVES / WORKSHOPS

29-Jan	19:00	>	21:30	8 Limbs of Yoga
26-Mar	19:00	>	21:30	Yoga & The Chakras
28-May	19:00	>	21:30	Mudras for Health & Wellness
30-Jul	19:00	>	21:30	Pranayama - Breathwork
24-Sep	19:00	>	21:30	Mantra & Yantra
26-Nov	19:00	>	21:30	Dharana- Focus/Mindfulness

R250 p.p * 1.5hrs * MAX 6 PAX

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

www.holisticme.co.za