

REIKI FIRST DEGREE TRAINING COURSES:

Saturdays **01-Jan - 29-Jan** : 10:00 > 14:00
 Thursdays **06-Jan - 03-Feb** : 19:00 > 23:00
 Thursdays **28-Apr - 26-May** : 09:00 > 13:00
 Saturdays **30-Apr - 28-May** : 15:00 > 19:00
 Thursdays **11-Aug - 08-Sep** : 09:00 > 13:00
 Saturdays **13-Aug - 10-Sep** : 15:00 > 19:00

REIKI SECOND DEGREE TRAINING COURSES:

Saturdays **12-Feb - 26-Mar** : 10:00 > 14:00
 Thursdays **17-Feb - 31-Mar** : 19:00 > 23:00
 Thursdays **09-Jun - 21-Jul** : 09:00 > 13:00
 Saturdays **18-Jun - 30-Jul** : 15:00 > 19:00
 Thursdays **20-Oct - 01-Dec** : 19:00 > 23:00
 Saturdays **22-Oct - 03-Dec** : 10:00 > 14:00

REIKI MASTERS DEGREE TRAINING COURSES:

Thursdays **12-May - 16-Jun** : 19:00 > 23:00
 Saturdays **14-May - 18-Jun** : 10:00 > 14:00
 Thursdays **27-Oct - 01-Dec** : 09:00 > 13:00
 Saturdays **29-Oct - 03-Dec** : 15:00 > 19:00

CRYSTAL HEALING PRACT. TRAINING COURSES:

Saturdays **01-Jan - 23-Apr** : 15:00 > 19:00
 Thursdays **06-Jan - 21-Apr** : 09:00 > 13:00
 Thursdays **30-Jun - 13-Oct** : 19:00 > 23:00
 Saturdays **02-Jul - 15-Oct** : 10:00 > 14:00

Integrated YOGA Classes @ TheStudio

TheStudio Hours Mon : 09:00 > 18:00
 Private/1-on-1 lessons Tue : 09:00 > 19:30
BY APPOINTMENT ONLY Wed : 09:00 > 18:00
 Book ONLINE Thur : 09:00 > 19:30
 Fri : 09:00 > 19:30
 Sat : 10:00 > 18:00



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

www.holisticme.co.za

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

Sat **02-Apr** 10-2pm ~ Thu **21-Apr** 7-11pm
 Sat **30 Apr** 10-2pm ~ Sat **04-Jun** 3-7pm
 Thu **22-Sep** 9-1pm ~ Sat **22-Oct** 3-7pm
 R450 p.p * 4hrs

A Journey to the Inner Child ≥ ½ Day Workshop

Thu **10-Feb** 7-11pm ~ Sat **09-Apr** 10-2pm
 Thu **14-Apr** 7-11pm ~ Thu **05-May** 7-11pm
 Thu **02-Jun** 9-1pm ~ Sat **08-Oct** 3-7pm
 R450 p.p * 4hrs

Crystals....an Introduction ≥ ½ Day Workshop

Thu **07-Apr** 7-11pm ~ Sat **23-Apr** 10-2pm
 Thu **28-Apr** 7-11pm ~ Thu **23-Jun** 9-1pm
 Sat **28-Jul** 3-7pm ~ Thu **15-Sep** 9-1pm
 R450 p.p * 4hrs

Mandala Meditations ≥ 2 Day Workshop

Sat **07-May** 10-2pm > & > Sun **08-May** 10-2pm
 Sat **11-Jun** 3-7pm > & > Sun **12-Jun** 10-2pm
 Sat **06-Aug** 3-7pm > & > Sun **07-Aug** 10-2pm
 Sat **01-Oct** 3-7pm > & > Sun **02-Oct** 10-2pm
 R650 p.p * 8hrs (x2 half days)

HEALER SHARES

Sunday's 11:00 > 15:00
 30-Jan 27-Mar
 01-May 31-Jul
 04-Sep 06-Nov
 11-Dec

ANNUAL YOGA RETREAT

16-18 April 2020

Details on Request

TRAINING CALENDAR 2022

YOGA INTENSIVES / WORKSHOPS

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

R250 p.p * 1.5hrs * MAX 6 PAX

R1450 - 5 wks

R1950 - 7 wks

R2250 - 6 wks

R3950 - 16 wks

** Small group / Couple sessions can be arranged on request