

REIKI FIRST DEGREE TRAINING COURSES:

Saturdays **13-Jan - 10-Feb** : 10:00 > 14:00
 Thursdays **11-Jan - 08-Feb** : 19:00 > 23:00
 Thursdays **02-May - 30-May** : 09:00 > 13:00
 Saturdays **11-May - 08-Jun** : 15:00 > 19:00
 Thursdays **15-Aug - 12-Sep** : 09:00 > 13:00
 Saturdays **24-Aug - 21-Sep** : 15:00 > 19:00

REIKI SECOND DEGREE TRAINING COURSES:

Saturdays **22-Feb - 04-Apr** : 10:00 > 14:00
 Thursdays **24-Feb - 06-Apr** : 19:00 > 23:00
 Thursdays **13-Jun - 25-Jul** : 09:00 > 13:00
 Saturdays **29-Jun - 10-Aug** : 15:00 > 19:00
 Thursdays **24-Oct - 05-Dec** : 19:00 > 23:00
 Saturdays **02-Nov - 14-Dec** : 10:00 > 14:00

REIKI MASTERS DEGREE TRAINING COURSES:

Thursdays **16-May - 20-Jun** : 19:00 > 23:00
 Saturdays **25-May - 29-Jun** : 10:00 > 14:00
 Thursdays **31-Oct - 05-Dec** : 09:00 > 13:00
 Saturdays **09-Nov - 14-Dec** : 15:00 > 19:00

CRYSTAL HEALING PRACT. TRAINING COURSES:

Saturdays **13-Jan - 25-Apr** : 15:00 > 19:00
 Thursdays **11-Jan - 04-May** : 09:00 > 13:00
 Thursdays **04-Jul - 17-Oct** : 19:00 > 23:00
 Saturdays **13-Jul - 26-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

** Limited avail SAT



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 **13-Apr** 10-2om ~ Thu **25-Apr** 7-11pm
 Thu **02-May** 7-11pm ~ Sat **04-May** 10-2pm
 Thu **08-Aug** 9-1pm ~ Thu **10-Oct** 9-1pm
 R450 p.p * 4hrs

A Journey to the Inner Child ≥ ½ Day Workshop


Thu **15-Feb** 7-11pm ~ Sat **17-Feb** 10-2pm
 Thu **18-Apr** 7-11pm ~ Thu **20-Apr** 10-2pm
 Thu **06-Jun** 9-1pm ~ Sat **19-Oct** 3-7pm
 R450 p.p * 4hrs

Crystals....an Introduction ≥ ½ Day Workshop

Thu **11-Apr** 7-11pm ~ Sat **11-May** 10-2pm
 Thu **27-Jun** 9-1pm ~ Sat **06-Jul** 10-2pm
 Thu **19-Sep** 9-1pm ~ Sat **28-Sep** 3-7pm
 R450 p.p * 4hrs

Mandala Meditations ≥ 2 Day Workshop

Sat **18-May** 10-2pm > & > Sun **19-May** 10-2pm
 Sat **22-Jun** 3-7pm > & > Sun **23-Jun** 10-2pm
 Sat **17-Aug** 3-7pm > & > Sun **18-Aug** 10-2pm
 Sat **12-Oct** 3-7pm > & > Sun **13-Oct** 10-2pm
 Sat **26-Oct** 3-7pm > & > Sun **27-Oct** 10-2pm
 R650 p.p * 8hrs (x2 half days)



Have you checked out the Online store?
A one-stop-shoppé for your healing helpers & tools!

ANNUAL YOGA RETREAT

27-29 April 2024

Details on Request

TRAINING CALENDAR 2024

YOGA INTENSIVES / WORKSHOPS:

26-Jan 19:00 > 21:30 8 Limbs of Yoga
29-Mar 19:00 > 21:30 Yoga & The Chakras
31 May 19:00 > 21:30 Mudras for Health & Wellness
26-Jul 19:00 > 21:30 Pranayama - Breathwork
25-Oct 19:00 > 21:30 Mantra & Yantra
13-Dec 19:00 > 21:30 Dharana- Focus/Mindfulness

R250 p.p * 1.5hrs * MAX 4

R1450 - 5 wks

R1950 - 7 wks

R2250 - 6 wks

R3950 - 16 wks

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