

**REIKI FIRST DEGREE TRAINING COURSES:**

Thursdays **09-Jan - 06-Feb** : 19:00 > 23:00  
 Saturdays **11-Jan - 08-Feb** : 10:00 > 14:00  
 Thursdays **01-May - 29-May** : 09:00 > 13:00  
 Saturdays **10-May - 07-Jun** : 15:00 > 19:00  
 Thursdays **14-Aug - 11-Sep** : 09:00 > 13:00  
 Saturdays **23-Aug - 20-Sep** : 15:00 > 19:00

**REIKI SECOND DEGREE TRAINING COURSES:**

Thursdays **20-Feb - 03-Apr** : 10:00 > 14:00  
 Saturdays **22-Feb - 05-Apr** : 19:00 > 23:00  
 Thursdays **12-Jun - 24-Jul** : 09:00 > 13:00  
 Saturdays **28-Jun - 09-Aug** : 15:00 > 19:00  
 Thursdays **23-Oct - 04-Dec** : 19:00 > 23:00  
 Saturdays **01-Nov - 13-Dec** : 10:00 > 14:00

**REIKI MASTERS DEGREE TRAINING COURSES:**

Thursdays **15-May - 19-Jun** : 19:00 > 23:00  
 Saturdays **24-May - 28-Jun** : 10:00 > 14:00  
 Thursdays **30-Oct - 04-Dec** : 09:00 > 13:00  
 Saturdays **08-Nov - 13-Dec** : 15:00 > 19:00

**CRYSTAL HEALING PRACT. TRAINING COURSES:**

Thursdays **09-Jan - 24-Apr** : 09:00 > 13:00  
 Saturdays **11-Jan - 03-May** : 15:00 > 19:00  
 Thursdays **03-Jul - 16-Oct** : 19:00 > 23:00  
 Saturdays **12-Jul - 25-Oct** : 10:00 > 14:00

**Integrated YOGA Classes @ TheStudio**

**TheStudio Hours** Mon : 09:00 > 19:00  
**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](http://www.holisticme.co.za)

R1550 - 5 wks

R2200 - 7 wks

R2350 - 6 wks

R4200 - 16 wks

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

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

Sat **03-May** 10-2pm ~ Sat **14-Jun** 3-7pm  
 Thu **07-Aug** 9-1pm ~ Thu **25-Sep** 9-1pm  
 Thu **09-Oct** 9-1pm ~ Sat **01-Nov** 3-7pm  
 R450 p.p \* 4hrs

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


Sat **15-Feb** 3-7pm ~ Thu **08-May** 7-11pm  
 Thu **17-Apr** 7-11pm ~ Sat **19-Apr** 10-2pm  
 Thu **05-Jun** 9-1pm ~ Sat **18-Oct** 3-7pm  
 R450 p.p \* 4hrs

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

Sat **10-May** 10-2pm ~ Thu **26-Jun** 7-11pm  
 Sat **05-Jul** 10-2pm ~ Thu **18-Sep** 9-1pm  
 Sat **27-Sep** 3-7pm ~ Sat **04-Oct** 3-7pm  
 R450 p.p \* 4hrs

**Mandala Meditations ≥ 2 Day Workshop**

Sat **17-May** 10-2pm > & Sun **18-May** 10-2pm  
 Sat **21-Jun** 3-7pm > & Sun **22-Jun** 10-2pm  
 Sat **16-Aug** 3-7pm > & Sun **17-Aug** 10-2pm  
 Sat **11-Oct** 3-7pm > & Sun **12-Oct** 10-2pm  
 Sat **25-Oct** 3-7pm > & Sun **26-Oct** 10-2pm  
 R650 p.p \* 8hrs (x2 half days)



**Checked out The Healers Perspective?**  
 The HolisticMe blog on  
 ALL-THINGS-HEALING

**ANNUAL YOGA RETREAT**

26-28 April 2025

Details on Request

**TRAINING CALENDAR 2025**

**YOGA INTENSIVES / WORKSHOPS:**

**24-Jan** 19:00 > 21:30 8 Limbs of Yoga  
**28-Mar** 19:00 > 21:30 Yoga & The Chakras  
**30-May** 19:00 > 21:30 Mudras for Health & Wellness  
**25-Jul** 19:00 > 21:30 Pranayama - Breathwork  
**29-Aug** 19:00 > 21:30 Mantra & Yantra  
**24-Oct** 19:00 > 21:30 Dharana- Focus/Mindfulness  
**12-Dec** 19:00 > 21:30 Hanumanasana / Split 101

R250 p.p \* 1.5hrs \* MAX 4