

REIKI FIRST DEGREE TRAINING COURSES:

Fridays **19-Feb - 19-Mar** : 19:00 > 23:00
 Thursdays **19-Aug - 16-Sep** : 09:00 > 13:00

R1550
5 wks

REIKI SECOND DEGREE TRAINING COURSES:

Thursdays **10-Jun - 22-Jul** : 09:00 > 13:00
 Fridays **29-Oct - 10-Dec** : 19:00 > 23:00

R2200
7 wks

REIKI MASTERS DEGREE TRAINING COURSES:

Thursdays **04-Nov - 09-Dec** : 09:00 > 13:00

R3000
6 wks

CRYSTAL HEALING PRACT. TRAINING COURSES:

Thursdays **07-Jan - 06-May** : 09:00 > 13:00

R4200 -
16 wks

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

Mon **04-Jan** 9-1pm ~ Fri **30-Apr** 7-11pm
 Thu **05-Aug** 9-1pm ~ Thu **14-Oct** 9-1pm
 Mon **06-Dec** 9-1pm

A Journey to the Inner Child ≥ ½ Day Workshop

Fri **15-Jan** 7-11pm ~ Mon **22-Feb** 9-1pm
 Fri **16-Apr** 7-11pm ~ Thu **03-Jun** 9-1pm
 Tue **07-Dec** 10-2pm

Crystals....an Introduction ≥ ½ Day Workshop

Mon **18-Jan** 9-1pm ~ Fri **09-Apr** 7-11pm
 Fri **02-Jul** 7-11pm ~ Thu **23-Sep** 9-1pm
 Wed **08-Dec** 10-2pm

Mandala Meditations ≥ Full Day Workshop

Mothers Day **09-May** 9-4pm
 Womans Day **08-Aug** 9-4pm
 Festive Starter **05-Dec** 9-4pm

R650 p.p * Sundays * 09:00- 16:00

ANNUAL YOGA RETREAT

24-26 April 2027

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YOGA INTENSIVES / WORKSHOPS:

29-Jan 19:00 > 21:30 Yoga & The Chakras
28-May 19:00 > 21:30 Mudras for Health & Wellness
30-Jul 19:00 > 21:30 Mantra & Yantra
01-Oct 19:00 > 21:30 Dharana- Focus/Mindfulness

R400 p.p * 1.5hrs * MAX 4

ISHTA, Power, Vinyasa-based Flo, Nidra Meditation & Daoist Yin

Private/1-on-1 lessons || Drop in & Package Rates

Yoga & Embodiment TT - 200hr

01 March 2027 - 6 month programme

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HolisticMe - Booking slots from

Monday : 07:00 > 21:30
 Tuesday : 07:00 > 16:30
 Wednesday : 07:00 > 15:30
 Thursday : 07:00 > 15:30
 Friday : 07:00 > 21:30
 Saturday : 08:00 > 20:00



2027 TRAINING CALENDAR HolisticMe

HOLISTIC HEALTH & WELLNESS
 MANY PATHWAYS, ONE HOLISTIC APPROACH

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

www.holisticme.co.za