

Reiki Training PLUS: Level One

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- ◆ Experience the basic understandings of “energy”.
- ◆ Understand what Chakras are.
- ◆ Learn how to create Sacred Space and Boundaries.
- ◆ Learn how to use Reiki to support Your Journey and the journey of others .

When: Fri August 14th & 15th 9:30-4:30 pm
Lunch included.

Cost: \$200 tax incl. This class has six people.

Pre-Registration: \$100 non-refundable by Aug 7th

Oneness Blessing Retreat

In these few hours, bring Your Self to a place of restored peace and balance. Using Sri AmmaBahgavan Oneness Blessing, Silent and Guided Meditation you can lift Your Self from the busyness of your everyday mind, to a quiet peace filled Self.

The purpose of Oneness Blessing is to “shift the mind”. In order to create effective change in the life, one needs first to shift how the mind sees and judges the world. Oneness Blessing is intended to do just that. It is our intention that You will receive six blessings in this Retreat Time.

For further information about Oneness Blessing and Sri AmmaBahgavan, please visit www.joandoyle.org

When: Sunday Aug 8th, 10 am-12

Cost: By Donation . 10 participants

Pre-Registration is required

AUGUST 2010: WHATS GOING ON?

Emotional Bodywork Workshop

Our world is changing and growing in many different directions, seemingly all at the same time. This can cause us to react, and OVER react, differently to different stimuli. Ever wonder why?

- ◆ In this course you will develop effective techniques to access the over reactive part of self, clear and bring back balance and peace.
- ◆ Develop your ability to “see” into the physical body, to be directed by the physical/emotional self and create a place where release and a return to balance, can take place.
- ◆ Using **Body Symbology, Intuitive Connection, Visualization and Story Telling**, we will explore the place where all the answers lie - Not the Mind, but the Physical Body.
- ◆ A wonderful addition to Massage, Reiki, Therapeutic Touch or other modalities.

Sat Aug 28th 9:30-4:30 pm / Sun Aug 29th 9:30-1:00 pm
Cost: \$140 tax incl. Max 6.

Ask Donna about **FREE** Apprenticeship after program!



Donna Somerville
Spiritual Medium
Facilitator & Reiki Master

Donna is available to you for teaching, mentoring, as well as private sessions such as Restorative Reiki, Soul Readings, and Rebirthing.

ALL Workshops take place in Waasis NB 20 min south of Fredericton.

To register please contact:

357-7007 / donnasom@nbnet.nb.ca

Or visit www.donnasomerville.com

Weekly Oneness Blessings

The evening begins with a centering meditation, followed by each participant receiving two Oneness Blessings. This is followed with 15 minutes of silent meditation and we finish the evening with a sharing circle.

This class is offered on a weekly basis and no pre registration is required. Please, always check the message on the machine at 357 7007 to be certain that the class is on, and no changes have taken place.

When: Thursdays at 7 pm.
Come as You feel the need.

Cost: None. **No pre-registration required.**

Reiki Training PLUS: Master Level

- ◆ Receive the traditional Reiki Master teachings which include Master Symbols and techniques for Initiation of Students. Experience “hands on” practice of those symbols in Initiation situations.
- ◆ Using Inner Communication techniques we will explore Your resistance to Your Mastery and find resolutions to them.

When: Fri Aug 20th 7-9pm Sat & Sun 9:30-4:30

Cost: \$300 tax incl. Lunch included.

Pre-Registration: \$100 non-refundable by July 31st

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