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## REIKI WORKSHOPS

Reiki is an art of healing that can be used on yourself and others.

Reiki (pronounced Ray Key) is a Japanese word meaning 'Universal Life Force Energy'. It works on the principle that an unseen energy flows through all living things and is connected directly to the quality of health. This has been part of the wisdom of many cultures since ancient times.

Reiki treats a patient on a physical, emotional, mental and spiritual level and has many beneficial effects including relaxation, feelings of peace, security, and well-being. Reiki is a simple, natural, and safe method of spiritual healing and self-improvement that everyone can use.

Reiki is not attached to any religion and anyone with an open mind and a desire to receive and learn how to use the healing energy will benefit from this incredibly effective therapy.

Incorporating two Reiki disciplines, one teaching the western approach and the other going back to the true Japanese origins of Reiki, our workshops cover aspects of both traditions so that you get a good grounding in your own personal development and that of healing others.

Reiki is taught in three levels (1, 2 & Mastership) with each level enhancing your knowledge and power to channel this amazing energy. Each workshop is two days.

### Dates for 2010

#### Reiki I

16<sup>th</sup> & 17<sup>th</sup> January / 13<sup>th</sup> & 14<sup>th</sup> March  
15<sup>th</sup> & 16<sup>th</sup> May / 4<sup>th</sup> & 5<sup>th</sup> September  
13<sup>th</sup> & 14<sup>th</sup> November

**£130**

#### Reiki II

20<sup>th</sup> & 21<sup>st</sup> February / 10<sup>th</sup> & 11<sup>th</sup> April  
4<sup>th</sup> & 5<sup>th</sup> June / 14<sup>th</sup> & 15<sup>th</sup> August  
23<sup>rd</sup> & 24<sup>th</sup> October / 4<sup>th</sup> & 5<sup>th</sup> December

**£175**

#### Mastership

Please Enquire

**Places are limited so REGISTER NOW**

Workshops are held at:

**Venue to be confirmed**

To book call **07801 700542** or send your completed booking form to:  
**36a Broomfield Road, Chelmsford, Essex CM1 1SW**

**About your teacher...**

Jacqueline's holistic career began when she trained as a Beauty Therapist and Aromatherapist in the early nineties at the London Institute of Beauty Culture. On graduating she worked for The Spa at Selfridges in London before moving on to Yves Rocher where she managed their Harrow branch. Since 1999 she has studied various massage therapies, two Reiki disciplines to Mastership level, Crystal Healing, Indian Head Massage, Hopi Ear Candles, Meditation and Buddhism in addition to becoming a licensed 'Heal Your Life' Teacher. She is also a fully qualified member of B.A.B.T.A.C. and Embody.

Jacqueline now practices her therapies and runs workshops in Chelmsford, Essex with the aim to teach, aid and support anybody who wishes to live a healthy, happy, holistic life.

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**REIKI WORKSHOPS – Booking form**

**Name:** .....

**Address:** .....

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**Tel. No:** .....

**E-Mail:** .....

**Course Date:** .....

A non-refundable deposit of £70 is required with booking form. Balance payable 3 weeks prior to course date. Please make cheques payable to **Jacqueline Taylor**