

Come and fall in love with Reiki...



*and allow this healing energy
to empower your life.*

Date: Sunday, December 6
Time: 10AM - 4PM
Location: Devanand Yoga Center
Cost: \$200
Enrollment is limited to only 10 participants! Sign up early!!



WHAT IT IS

'Reiki' is the Japanese term for 'Universal Life Force Energy,' and is one way of naming the subtle, powerful energy that is at the source of all healing. Reiki is a wonderful practice for yogis and yoginis of all levels, as it assists in raising your vibrational frequency, clearing old patterns of blocked energies, and harmonizing body, mind, heart, and soul.

THE TRAINING

Within the Usui system of Natural Healing, the traditional name for the practice of Reiki, there are 3 levels of training. This first level, or degree, will enable you to begin opening up as a channel for the healing energy, bringing its power of healing to yourself and others. You will be introduced in this training to the history and principles of Reiki, and to the psycho-spiritual qualities of the 7 main chakras (or energy plexuses) in the body as they relate to energy work. You will also receive your first degree attunement to the Reiki energy, and be guided in how to best facilitate self-healing and treatments for others. Once attuned to Reiki, this energetic shift enhances your ability to channel the healing energy at all times, for all time. Learning and practicing Reiki is a beautiful step in your conscious evolution and empowerment, opening up new portals of energy, awareness, and freedom.

THE INSTRUCTOR



Lori Myles is a Reiki Master, Registered Professional Counsellor (M.A. Transpersonal Psychology), Certified Aromatherapy Health Therapist, and Registered Yoga Teacher. Lori has always had a deep passion for the healing arts and a great love for the adventure of life. She has been practicing a variety of healing modalities for 15 years, and fell in love 'at first touch' with Reiki. Lori

brings great respect and reverence for the richness of the healing journey to all of her work, feeling deeply blessed to be able to use her skills and talents in service of people wishing to live their most healthy, passionate, and purposeful lives.

Lori's healing work is at the heart of Esencia Awakening Arts (www.esencia.ca). She is very excited to have just finished writing her first book that is in the process of becoming published, entitled: 'The Beauty Way: Living From The Awakening Heart'. Feel free to contact Lori via email at: lori@esencia.ca, or on her cell at: (647)637.3586.