

Reiki Level I healing and relaxation workshop

learn how to create your own wellbeing

harness your energy and help yourself and others

The human body is designed to self heal with the right input and environment. By learning specific techniques in this workshop you will be able to harness this ability and direct it for your own wellbeing as well as for friends and family. **No prior experience necessary.**

Have you ever wished there was more you could do for someone when they are hurting? When a friend or partner is hurt, you naturally want to help. With this training you can. You will also help yourself relax and be less stressed on a daily basis. You will learn the Usui Reiki method as well as other natural techniques to activate your ability. **Reiki Level I certification is included.**

seminar details

Date/Time: **Sunday 31st May**
9.00am – 5.00pm

and: **Thurs 4th June**
6.30pm – 9pm

Venue: S&G Building
Suite G7

your investment

\$320pp (+\$32.00 gst)
Grand United Rebates apply

**plus enjoy
complimentary
access to our Reiki
practise sessions**
283 Alfred St. Nth.
North Sydney.

Registration

Name: _____

Address: _____

State: _____ Postcode: _____ PH/Mob: _____

Email: _____

To reserve your place please phone 02 9923 1852

(Attendance is not confirmed until payment is received)

Please charge my credit card: Visa / Mastercard

___\$352.00 No. of People : ___ Total \$ _____

Credit Card No: ____/____/____/____

Signature: _____ Expiry Date: _____

Or **Pay by cheque:** payable to The Alignment Group Pty. Ltd.

The Alignment Group - PO Box 6390, North Sydney, NSW 2060

workshop leader Erica Bagshaw



**Learn from a
traditional Usui
Reiki Master
practitioner.**

Erica has been working with energy healing in many forms but particularly Reiki for 17 years. She has a full time practise in North Sydney working with this energy daily. She has studied extensively in the field of mind/body healing and is a qualified NLP practitioner and Reiki Master Practitioner. She was a NSW Representative for the Australian Reiki Connection and the Association of Reiki Professionals.

Erica has a compassionate, practical and informative teaching style and has helped many people learn to activate their self-healing capacity.

you can expect to learn how to:

- ✦ **Learn to use Reiki to relax yourself whenever you want.**
- ✦ **Reduce your stress when times are tough.**
- ✦ **Boost your own energy when you need to.**
- ✦ **Heal your own and others aches and pains.**
- ✦ **Focus your mind for high performance.**
- ✦ **Calm your mind and body for deep peaceful sleep.**

Plus enjoy complimentary access to our ongoing Reiki practise sessions