

The Reiki Healing Mastership

Level III training at The London Spiritual Mission

25th March 2017 10am to 4pm

Build on your own experience and intuition with new skills and tools to help you learn the most effective way to treat specific conditions of the mental, physical and spiritual bodies.

During the day, you will learn and practice methods from Usui Sensei and Hayashi Sensei in combination with western healing techniques to strengthen your Reiki practice.

The mastership is available to those who have completed Usui Reiki levels I & II. The cost for the Reiki Level III mastership is £90, and you will receive your level III Certification at the end of the day. Places will be limited, so please book in advance.

To book your place, please contact Anne Thornton-Patterson on 07930 362492 or email secretary@spiritualmission.co.uk

Serap is a Reiki Master Teacher, Quantum Touch Practitioner and holds a diploma in Mindfulness, Meditation and Relaxation.

www.innatehealing.co.uk



Relaxation, Mindfulness & Meditation

Evening courses and Workshops

Learn to create balance & harmony in your life through the ancient art of mindfulness. Practice meditation and relaxation techniques to bring about inner peace & emotional intelligence, with Serap Enver, a qualified Instructor

These practical experiential courses and one day workshops will teach you what Mindfulness really is, what it means to you, and ways to become more aware and reduce the stress in your life.

Expand your awareness beyond the auto pilot, and enhance your experiences on a day to day basis with family and friends.

We learn through a mixture of progressive relaxation, visualisations and breathing techniques, discovering ways to recognise how we perceive the world, the story we tell ourselves, and how that shapes our experiences.

Working as small groups, and as individuals in this life enhancing mindfulness program, all you need to bring is a yoga mat (or blanket), an open mind and a desire to live a healthier more conscious life.

For information on current courses and one day workshops please enquire below:

Please contact Serap on
07771 349713 or email
serap@innatehealing.co.uk to
book your place on these new
and comprehensive mindfulness
& meditation classes.

Serap lives locally, and holds a
diploma in Mindfulness,
Meditation and Relaxation. She is
also a Reiki Master Teacher &
Quantum Touch Practitioner.
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