

ASANA REIKI YOGA COURSE OUTLINE

APRIL 27TH – MAY 1ST 2016

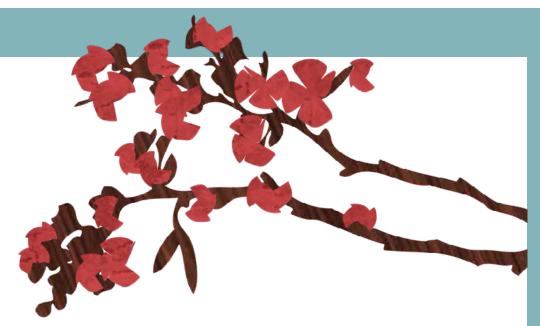
CORTIJO LAS SALINAS, SPAIN

Wednesday late afternoon:

- Welcome.
- What is Asana Reiki Yoga?
- Yoga & Health
- Reiki & Health
- Everybody introduces themselves
- Bodymap



FOR MORE INFORMATION CONTACT: TINA@REIKI-SCHOOL.CO.UK 01628 633509



Thursday Morning: 8.30am: Morning Meditation

10.00am:

- energy system
- The Root Chakra

Afternoon 4.00pm

- The Sacral Chakra,
- Art session

Friday

Morning: 8.00am: Morning meditation and Reiki attunement.

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• The human energy system: Aura, Nadis, Ying & Yang • The Chakra System: How to detect imbalances in the

• By : *Chakra dowsing, *using Sound and *Kinesiology

• Yoga session on grounding, Root & Sacral Chakra Asanas



10.00 am

- The Solar Plexus Chakra
- The Heart Chakra •
- Yoga Session : Asanas for this morning's Chakras ٠

Afternoon 4.00pm



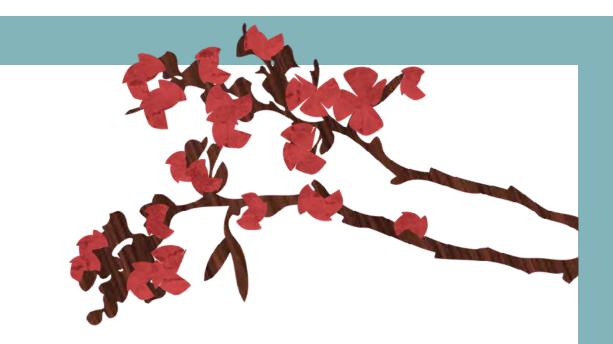
- The Heart Chakra
- The Throat Chakra
- Yoga Session for these two Chakras •

Evening: After dinner Music Session

Saturday

Morning 8.30: Morning Meditation

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10.00am

- The Third Eye Chakra
- The Crown Chakra
- enhance Asanas

Afternoon 4.00pm

- Putting it all together:
- Chakra Balancing
- Affirmations and mental cleansing.
- Mudras and Mantras
- Yoga/healing session
- Closing ceremony

Sunday

Morning 8.30am Closing meditation

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• Yoga session for the whole chakra system using Reiki to

