



# ASANA REIKI YOGA

## COURSE OUTLINE

**APRIL 27<sup>TH</sup> – MAY 1<sup>ST</sup> 2016**

CORTIJO LAS SALINAS, SPAIN

**Wednesday** late afternoon:

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



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**Thursday**

Morning: 8.30am: Morning Meditation

10.00am:

- The human energy system: Aura, Nadis, Ying & Yang
- The Chakra System: How to detect imbalances in the energy system
- By : \*Chakra dowsing, \*using Sound and \*Kinesiology
- The Root Chakra
- Yoga session on grounding, Root & Sacral Chakra Asanas

Afternoon 4.00pm

- The Sacral Chakra,
- Art session

**Friday**

Morning: 8.00am: Morning meditation and Reiki attunement.

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10.00 am

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

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
- Yoga session for the whole chakra system using Reiki to 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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