

TEACHER TRAINING WITH JACQUELENE SADEK

AT BODYTREE STUDIO
50 HOUR REIKI/SELF HEALING | OCTOBER 2019



"The greatest good you can do for another is not just to share your riches but to reveal him his own" – Benjamin Disraeli.

The word "Reiki" effectively means "God's wisdom or Highest Power" (REI) and "life force energy" (KI). It is a Japanese technique using the "laying of hands" to sense or feel unseen energy that flows through each human being. If this energy is blocked, trapped or stagnant; illness, discomfort or disease is likely to manifest in the physical body. In order to be an effective healer it is important for each individual to develop tools that allow them the space to heal. The body, mind and spirit endures a lot of stress on a daily basis in order to meet the demands of the modern world. Few have the time or luxury to address their own personal needs. According to many belief systems; repentance, forgiveness, gratitude and love are the most powerful forces on the road to healing along with the intention and desire to live healthily. In this 50 hour Reiki/Self Healing you will learn and practice the following:

- Reiki hand position for self healing
- The sacred Reiki symbols
- The four stages of ho'oponopono
- Kriyas – meditations and mantras for self healing
- Chakras and the seven archetypes
- Cleansing and strengthening the spleen (spirit) and liver (soul)
- Healing the glandular system
- Salute to the sun (ha) and moon (tha)

Price: 3,640 AED

Early Bird: 10% off if paid in full by October 13th

Prior registration and payment are recommended to secure your space.

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Price includes 5% VAT

COURSE BREAKDOWN

Attendance at Bodytree Studio, Abu Dhabi

50 hours

50 hours include class attendance, self study, practice and practical exam.

A manual will be provided.

BODYTREE COURSE DATES

Tuesdays and Wednesdays

October 29th – November 6th

Time: 9am – 5pm

ELIGIBILITY

This 50 hour Training is available to students and teachers including anyone wishing to complete CPD (Continuing Professional Development) points as a requirement for ongoing Teacher Training purposes.

ABOUT JACQUELENE

Jacqueline Sadek (500ERYT) is a senior Yoga teacher at Bodytree. She trained with a traditional Indian Hatha Yoga teacher, Shanti Gowans from The Meditation Institute from 1998-2001. She then undertook further international training with Samadhi Yoga, Simon Low (Yoga Academy UK) and Kathryn McCusker in Hatha, Yin and Kundalini Yoga.

