



*'Only the heart knows to find what is precious' Dostoyevsky*

# Reiki Tummo Level 1 & 2

*... discovering the Heart ... the spiritual Heart*

## Introduction Meditations and Workshops

### Introduction Sessions

Our heart is the key to deep calmness, inner peace, happiness and spiritual growth. Reiki Tummo's profound knowledge about the heart has been for many a wonderful and unique journey of learning, being and meditation. The sessions offer a practical, enjoyable and easy to follow introduction where you can experience what learning about the heart can mean for you.

For session details please contact The Lotus Centre for regular, weekly daytime & evening sessions or visit [www.thelotuscentre.com.au](http://www.thelotuscentre.com.au).

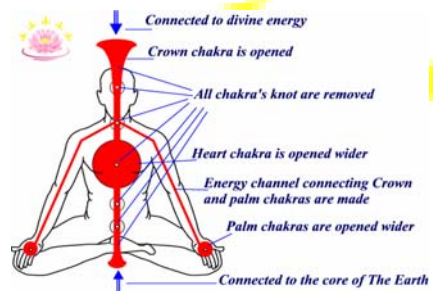
### Workshops

#### Reiki Tummo Level 1 .... Benefits

- Learning to increase our ability to use our hearts more
  - Chakra activation and opening (crown, heart, and palm chakras)
  - Instant capability to channel divine energy
  - Sushumna (main energy channel) cleansing
- Cost:** \$150 (concession 25% less)

#### Reiki Tummo Level 2 .... Benefits

- Better connection to Divine energy
  - Heart meditations & prayers for further and deeper heart opening
  - Kundalini awakening - instant & safe
  - Meditation techniques to accelerate Kundalini flow and one's individual cleansing / healing process
- Cost:** \$300 (concession 25% less)



Please contact The Lotus Centre on 6231 9669 (Kent) or 0430 282073 (Amanda) for any further information or to make a booking. E-mail: [reikitummo@bigpond.com](mailto:reikitummo@bigpond.com)

- All workshops are at The Lotus Centre, 45 Victoria Street, Hobart CBD
- Workshop times: 8.30am registration. 9 am start to approx. 5.30 / 6pm.
- All workshop materials, morning and afternoon tea is provided. Please bring your own lunch. Cafes etc are also nearby for lunch.

**Upcoming Workshop Date(s):** Sat 1 May, 2010 (RT Level 1)  
Sun 2 May, 2010 (RT Level 2)