



Practice Program for Everyone ... & for Reiki Tummo Level 1, 2 or 3a in and around Hobart ☺

** Open for Everyone ☺☺☺

Location	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
@ the Lotus Centre 45 Victoria Street, Hobart	1.30 pm Heart Meditation **	1.30 pm Heart Meditation **	1.30 pm Heart Meditation **	1.30 pm Heart Meditation **	1.30 pm Heart Meditation **	1.30 pm Heart Meditation **	
	7.30 pm Heart Meditation & Additional Practices **			6 pm – 7.15 Reiki Tummo & Heart Practice Evening ¹		2:30 – 3:30 pm Reiki Clinic ** ²	
@ Other locations: 1. Allens Rivulet				8 pm Heart Meditation** ³			
Free Reiki Usui Atunement	A free reiki atunement is facilitated every 1 st of every month starting at 9:00pm. ⁴ Location 'Lotus Room, level 1, The Lotus Centre. Please be on time as the atunement starts timely.						

¹ Practice Event for all 5 workshops: Reiki Tummo 1-3a, Kundalini & Meditation (approx. 1.5hrs)

² Open for any level of Reiki Tummo – please be welcome to join for a healing (by donation) or to help channelling to others ☺.

³ Please contact Russell or Sharon for further details Ph. 6239 6906

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⁴ A \$5 contribution applies for room hire, heating, etc; actual atunement is from 21:30 to 21:45.