

THE USUI SYSTEM OF NATURAL HEALING

REIKI

(UNIVERSAL LIFE FORCE ENERGY)

HEALS BODY MIND AND SOUL

Reiki is a simple, natural and holistic way of healing, It is amazingly simple to learn. Ability to perform Reiki is conferred on the students by the Master. Anyone can learn Reiki, irrespective of his/her age, education, intellectual or spiritual endowment.

Reiki is very versatile and can be used on yourself, family and friends, pets, plants, business situations.

TREATMENT AND COURSES

REIKI-I: Two/Four days (Min. 4/2 hrs a day) Healing workshop / meditation / Orientation towards receiving and giving energy / Self-healing.

REIKI-II: Programme as above / Healing others / Distance Healing / Use of the Sacred Reiki symbols / Reiki Healer Training Programme.

REIKI-III: A) ART: Advanced Reiki Master Healer Training Programme.
B) MASTER: Four days / A week (Min. 4/3 hrs a day) Teacher Training Programme.

BENEFITS :

- Strengthens your Aura.
- Balances your chakras.
- Releases your tension and dissolves stress.
- Promotes positive attitude towards all.
- Can help those who are swayed by the thoughts of violence, dishonesty, greed and anger.
- Effective in preventing and curing many chronic and acute ailments like Asthma, B.P., Diabetes, Insomnia, Digestive problems, Menstrual complications and many others.

YOGA

EASY LESSONS : FOR ALL AGES

A practical holistic philosophy designed to bring a profound state of well being to Body, Mind and Spirit.

[60 Minutes each Session]

- General Yoga session
- Special Class on Pranayama / Surya Namaskar
- Special Techniques for Asthma / Nasal Allergy, Diabetes, Digestive Disorders, Back Pain, Menstrual Complications and for many more.

FOOT REFLEXOLOGY

TREATMENT AND COURSES

The ancient Technology for Journey
Tiredness - Relaxation and
Stress Management.

METAMORPHIC TECHNIQUE

[METAMORPHOSIS]

An English Therapy

TREATMENT & COURSES

- It works in STRESS related ailments. MENTALLY handicapd and EMOTIONALLY disturbed people.
- During Pregnancy it is specially beneficial.

EVERY **SUNDAY**

8 HOURS

From 9 a. m. to 5 p. m.

OR

MONDAY & TUESDAY

First Course → From 9 a. m. to 1 p. m.

Second Course → From 4 p. m. to 8 p. m.

*(Fees includes Breakfast, Lunch
& materials used during programme)*

STRESS MANAGEMENT EVENT PROGRAMME

For Good Health, Wellbeing and comfort with
alternative Therapies.

- YOGA :**
- Hasya Yoga (Laughing Yoga)
 - Kapalbhati
 - Breathing Exercises ● Pranayama
 - Yogasanas (Easy Body Postures)
 - Maitri Meditation
 - Nrutya Yoga / Cyclic Meditation
 - Trataka (Cleaning of eyes)
 - Yoga Nidra

SU - JOK : Korean Therapy (Basic Practise)

METAMORPHOSIS : English Therapy

Indian Head and Foot Treatment

PYRAMID THERAPY : (Basic Practise)

*Admission by Appointment only
For Details Contact :*

HOTEL ASTORIA, ASSAGAO
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YOGA

EASY LESSONS : FOR ALL AGES



REIKI

(UNIVERSAL LIFE ENERGY)



'HANDS ON'

THERAPY

TREATMENT &

COURSES IN ALL LEVELS

FOOT REFLEXOLOGY



TREATMENT

COURSES

FOR JOURNEY TIREDNESS - RELAXATION
AND STRESS REDUCTION

METAMORPHIC TECHNIQUE



TREATMENT & COURSES

The most Mystical and Pleasant Therapy

STRESS MANAGEMENT EVENT PROGRAMME