



SOUND REIKI INSTITUTE

Exploring the Art and Science of Sound Healing

Sound Reiki - Level I Certification Retreat

"The Gift is Within You"

Edgar Cayce, the Father of Holistic Medicine, said "Sound will be the medicine of the future." We invite you to enter into the world of vibrational medicine and discover how your voice can heal. Along with so many others who are training in sound healing, we, at the Sound Reiki Institute, are living proof of the power of the voice. Let us teach you how to access multiple healing dimensions by projecting electro-tonal frequencies, using only your voice.

The Level I Certification is a series of entry level workshops intended to help you help yourself. 2012 is a year of freedom and change. Would you like to transform yourself creating a state of health, happiness, self-awareness and confidence where anything is possible?

Prepare for a fun, interactive and dynamic healing experience with the unique and powerful Sound Reiki™ Certification retreat led by Ascension Grand Masters Catherine Varga and Heather Hannan. Both Catherine and Heather are accomplished Sound Reiki Master Teachers and Usui Reiki Masters. Sound Reiki is a unique style of energy healing that uses sound with the voice instead of symbols and uses the body instead of the hands for healing.

Learn various techniques that you can use on yourself to:

- check your energy levels
- identify imbalances
- learn the basics of self-healing using the power of the sound of your voice.

The impact of this type of energy healing is instant and anyone can learn it. This entry level program will benefit all those with an open mind and heart and who believe in a higher power, a Divine Source, no matter what they call it. If you have Reiki experience, prepare to take it to another level! If you are just starting, then get ready to take a quantum leap in your understanding of yourself and how to read your body in a new and unique way.

A new sense of clarity surrounds everything you look at when limitations are healed. With your new level of self-awareness, decisions and choices are made in alignment with who you really are and that which keeps you in harmony. When we are in this state we can create our highest possible divine reality - where anything is possible. The time is now.

Weekend Schedule - Arrival Friday between 4pm & 6pm

Friday 7pm - 9pm Introduction to Sound Reiki Divine Light Energy

Imagine learning the unique process of aligning yourself to 100% Light energy, moving energy multi-dimensionally, at will..... just with the sound of your voice. Take your healing a quantum leap to sound, and learn about the gift within.

In an informal, comfortable setting, you will learn about Sound Reiki™, what it is and how it works. The class will conclude with a Sound Reiki Healing alignment to balance the energy of all participants. This Alignment will create a sense of vitality, clarity and well-being and align all participants to the vibration of 100% Divine Love and Light.

Saturday

8am – Breakfast

9am - Meditation at the Stone Circle

10am - 12pm The Art and Science of Muscle Testing

What is muscle testing? It is also known as Applied Kinesiology, a non-invasive technique that anyone can do and it is highly effective in providing feedback on imbalances in the body. It is a tool used by Chiropractors, Naturopaths, Nutritionists and Massage Therapists, as well as Sound Reiki practitioners. This technique allows the body to speak to the body in a comprehensive way. Learn how to use this tool in a fun and interactive workshop.

Would you like to know:

- what foods your body absorbs?
- which supplements, creams or anything else are best for you?
- what blocks are in your body, emotionally, physically or mentally?

Using your own body's biofeedback energy, learn this technique to answer questions that create your highest good and start the healing process right away.

Noon - Lunch

1pm - 4pm Introduction to Inner Children

Did you know that at five you were learning about independence? Each year from childhood to adolescence has a spiritual inner child associated with it and how happy that child is happens to be directly proportionate to how happy you are as an adult. The experiences we have in our childhood shape a lot of what we believe about life, the world and ourselves. They deeply influence our relationships with others, our self-esteem and our self-worth. Learn about what each year of early life means and the influence of past hurts in the present.

Our focus will be to:

- introduce the concept of Inner Children and the importance of their alignment to your adult self
- learn about the significance of each year of childhood and adolescence, what you learned and what you are teaching your children
- gain a better understanding of the impact of events from your childhood and their influence on your ability to move forward today

6pm - Dinner

Sunday

8am - Breakfast

9am - 10:30am Divine Light Energy Cords

If you believe, as we believe, that we are born of the same Source, no matter what you call it, then we are all divinely connected to each other. Participants will be introduced to the concept of Divine Light energy cords that connect us to our Source, Mother Earth and each other. Discover the power of these cords and how they help or hinder your movement forward.

Our focus will be to:

- introduce Divine Light energy cords, what they are and why they are important
- share the understanding of the power of forgiveness and gratitude
- identify and heal a cord that is out of alignment

10:30am - 12pm Introduction to Chakras

In this energizing session, we will introduce the Chakras, Meridians, Axiatonal Lines and Energy Grids that flow through and surround the body. Catherine and Heather, using sound healing, will upgrade all participant's Chakras, Meridians, Axiatonal Lines and Energy Grids and activate the 10th Chakra, a Chakra of manifestation for the ascending human consciousness.

Our focus will be to:

- explain the wellness benefits of Chakras and why it is essential they are operating at the highest possible Divine Light frequency
- learn about ethereal chakras above the traditional seven, activate the 10th Chakra, a new Chakra of manifestation, discuss its purpose and how this unique energy can be used to create your highest possible Divine reality

12 pm – 2 pm - Graduation Lunch and Certificate Presentation

The retreat will conclude with a gratitude prayer and a Sound Reiki Level I Attunement activating and aligning your abilities for Sound Reiki healing.

Level 1 Program Details

Maximum number for attendees staying at the retreat for the Sound Reiki weekend is 10 and up to 16 for those who choose to stay offsite. This allows individual attention for healing with all participants. Reservations are required and full payment is required at the time of booking. Payments are fully refundable in the event of a cancellation.

Cost for Certification Program including shared accommodation and breakfast, lunch and dinner as indicated from Friday 4pm through Sunday 2pm is \$500 per person. Option to take Certification Program only and stay offsite is \$325 per person. (includes lunch and dinner on Saturday and lunch on Sunday).



Nature's Retreat is located in the Caledon Hills near Erin, Ontario, 40 minutes north of Oakville. It has a beautiful stone circle, stone medicine wheel and labyrinth and 50 acres of groomed trails. The cozy and comfortable Retreat is spacious and very private. It has 5 bedrooms, 2 bathrooms, 1 powder room, 2 fireplaces and will sleep 10 guests in shared accommodations.



To register or for more information please contact us at info@SoundReikiInstitute.com or 416-255-9403