

# Reiki Tummo Workshop

Mar. 26 - 29 2010

Days Inn  
200 Oak St.  
Batavia, NY 14020  
(585) 343-1440

## Classes Offered:

- **Reiki Tummo Level 1:** Opens crown, heart, and palm chakras; Kundalini activated; connects you to your spiritual heart; instant ability to channel divine energy. Offered 3/27/10
- **Reiki Tummo Level 2:** Improved connection to divine energy; instant & safe Kundalini awakening. Offered 3/28/10
- **Reiki Tummo Level 3A:** Transcend time, space & quantity limitation when channelling; develop all major chakras; Bonus Shing Chi 8 Attunement. Offered 3/26/10
- **Meditation:** Activate pineal gland to aide in quieting the mind and begin to feel spiritual heart more. Offered 3/29/10
- **Kundalini:** Accelerate kundalini cleansing & purifying process. Offered 3/29/10

## For more information or questions:

Bill Newkirk (585) 367 - 8049  
Beverly Beardsley (585) 567 - 8658

## Local Western New York website :

[wnyopenhearts.com](http://wnyopenhearts.com)

## Or visit Organization website:

[www.Padmacahaya.com](http://www.Padmacahaya.com)

## What is Reiki Tummo?

- Reiki Tummo is a very natural and safe technique for developing and maintaining a healthy, happy, and balanced life physically and spiritually.
- Reiki Tummo works by stimulating the flow of vital energy (Chi or Ki) within and around our bodies. This helps to recharge and rebalance the flow of our subtle energies, relieving stress while activating the body's natural ability to heal itself.
- Promotes health and wellbeing by restoring balance to mind, body, emotions and spirit.
- Very easy to learn and completely safe. Participants experience a fun stress free day filled with wonderful Heart smiles.

## What is the Spiritual Heart?

- Reiki Tummo is unique in that you will learn how to access and feel the beauty of your spiritual heart.
- Heart is the center of good feelings: peace, calmness, joy, happiness, love, etc.
- Heart is your connection to the Creator. Using your Heart in your daily life is the only way to get the best from your Heart and connection to the Creator.

## Who would qualify and benefit?

- Everyone from the very young to the old. **No prior knowledge or experience is needed.**
- Assists in the healing of any emotional, physical, mental difficulties and reduces stress.
- Maintains health and help to prevent future illness.