

When we become still and listen deeply to the voice of guidance within, universal life force flows abundantly, and heals all in it's path.

This is the practice of REIKI

USUI REIKI

Realization for All

Reiki 1 Course *Introduction to Reiki and Self Healing*

Do you feel the need to come back to yourself?
Are you in need of healing but unsure where to start?

Reiki 1 teaches the key Usui Reiki healing principles, aiding students to come back to themselves to hear and understand guidance so that they may begin the process

of healing. With the completion of Reiki 1 students will be equipped with the tools to include a healing Reiki practice in their daily lives. A regular healing practice enhances energy, opens the heart to receive more love and builds confidence and contentment by understanding and knowing Self more.

In this course you receive:

- 10 hours in class instruction
- 21 day self practice
- Free Reiki Share & practice sessions
- Active Reiki Community
- Certification with Reiki Master Teacher
- Vegetarian lunch
- Investment: \$275**

Register to attend this course on:

Sunday October 28, 2018
10:00am - 5:00pm
at **Sacral Health**
200 Haddon Rd SW



For questions and to register contact:
anna@communitymeditators.com

www.realizationforall.com

Meet Anna Grose - Reiki Master Teacher

Anna pursues her life purpose of Loving More whether traveling the world with her family of 6 or roaming the streets and playgrounds of her community. Anna passionately believes that with unconditional love, happiness and peace are possible for All.

In 2004, Anna completed her 2200hr massage therapy certification and began to share the gift of love and healing with her clients. Soon after, Anna knew she needed more than a keen understanding of the body to offer better and more holistic treatments. Anna then moved with her family to Kuala Lumpur where she met her Spiritual Teacher, Tariqua Amina. Through an intense 2 year study with daily guidance and practice with this Spiritual Master, Anna completed her Reiki Mastership in Kuala Lumpur.

In 2011, Anna and her family returned to Calgary from Kuala Lumpur and began teaching Reiki through Realization for All and guiding group meditations with Community Meditators. Combining her trainings with a 200hr Yoga Teacher Certificate from the Inspired Yoga Institute she practices bringing Body, Mind and Spirit together to facilitate peoples journey towards greater health and happiness.

Through Anna's work with Blest healing gemstones, she shares products that support individuals on their spiritual journey, leading them to live their own highest purpose and knowing of Oneness.

Her purpose of Loving More is a guide for her daily challenges and devotions as well as all interactions with clients, students, friends, and family. Through committed personal practice and deep devotion Anna is called to share and love more with everyone she meets.

Come join her to continue your journey to greater peace, love and joy!