

2010 SPRING SCHEDULE

Collene J. Delaney, Ph.D.

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USUI SHIKI RYOHO REIKI



FIRST DEGREE REIKI \$150 (Deposit \$50)

Sat & Sun, 9:00 am-5:00 pm

(Note: Arrangements can be made for other formats including Thurs & Fri evenings 3 hrs, Sat or Sun full day)

- April 10 & 11
- May 22 & 23

SECOND DEGREE REIKI \$500 (Deposit \$150)

Wed or Thurs, 7:00-10:00 pm and Sat or Sun 9:00 am-5:00 pm

- April 15 & 18 (Thurs/Sun)
- May dates TBA

REIKI HEALING CIRCLE \$ Small donations to support Circle welcomed

- 1st & 3rd Tues, 7:30 -9:30 pm. Come and meet other Reiki Practitioners!

Mark Your Calendars!

April 6 & 20 May 4 & 18 June 1 & 15

MASTER TRAINING.

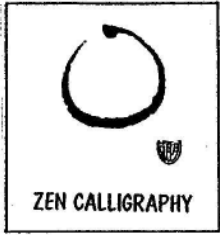
Please contact Collene for conversation and exploration if you are called to this lifetime path.

REIKI PRECEPTS Are you interested in joining an Informal group?

Meet to share potluck and discuss the 5 Spiritual Precepts and their meaning/influence in our lives today. Open to Reiki Students/Practitioners at all levels of training and experience.

A true "Prescription for Change"! Go deeper with these fundamental tools for living life free of Stress and in Balance/Wholeness in these challenging times! Please let us know of your interest in participating—we will develop a comfortable, —"do-able" schedule together.

SUMI BRUSH PAINTING



SUMI INK MEDITATION \$25 + \$5 materials fee (incl 7 pg workbook/CD) and SECOND DEGREE REVIEW \$60 + \$5 materials fee

Sat or Sun, 9:00 am-6:00 pm

9 am-12 n (Meditation & Simple composition) Open to ALL levels

12 n-1:30 pm Optional Pot Luck Lunch

1:30-6 pm (Second Degree Symbol Review) Must have 2nd Degree

- Sun, May 2
- June date TBD



SUMI BRUSH PAINTING—BAMBOO COMPOSITION (Deposit \$50) \$100/day + \$36 materials fee (Incl 25 pg Reference Book/CD-NEW)

Sat & Sun, 9:00 am-6:00 pm

- May 15 & 16
- July dates TBA

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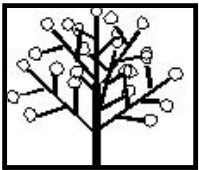
HON DESIGN & CARVING (Deposit \$50) \$80/day + \$32 materials fee (Incl 19 pg workbook)

PART I: Sat, April 24, 9 am - 5 pm

PART II: Sat, May 1, 9 am - 5 pm

TREE OF LIFE Workshop: (Deposit \$50)

\$80/day + \$36 materials fee (Incl 26 pg workbook/CD-NEW)



Our "launch" of this new workshop was very well received. As with some of our art workshops, it employs **Mindfulness Based-Art Therapy** principles. Let us hear from you! (Dates: TBA based on interest)

ART PLAY DAY Dates: TBA based on interest

Let go of the stress and hustle-bustle of shopping in these tough economic times! A lovely hand-crafted gift is always appreciated. Open to all students who have taken Collene's Sumi, Calligraphy, Hon Carving or Gem Tree Sculpting (Tree of Life) Classes. Bring your brushes, ink stones, ink sticks, chisels, hons, wire, beads, etc—we'll make gifts together such as Post Cards, Note Cards, Book Marks, Fans, Decorative Stones, Small Soapstone Sculptures, Calligraphied T-Shirts, etc. **\$ Materials at cost**

GUIDED VISUALIZATION

Individual Journey: (Deposit \$50) Fee \$90/Hr

Collene will conduct a private interview (in person or by phone if you do not live in the area) to hear your concerns and to gather information about your particular circumstance. She will create a unique guided imagery journey for you that is positive and affirming. Very effective "dress rehearsal" prior to surgery, medical or dental procedure or other challenges. This can also be a useful modality for general Stress Relief and your Wellness Program. You will receive a CD or MP3 file (your choice) that you can use as often as you wish.

TRANSFORMATION GAME *Our full schedule of these experiences will resume this Spring. Please let Collene know of your interests.*



NEXT STEPS \$Donation: 6:00 -8:00 pm

Wed, Thurs evenings (or by appointment for groups)

DEMO \$10: 1:00-4:00 pm

Weekend days (or by appointment for groups)

Please contact Collene if you would like to sponsor a demo with friends (Your next Transformation Game workshop will be discounted)

ADVANCED WORKSHOP \$200 (Deposit \$50)

(Collene is an InnerLinks Certified Facilitator)

FORMAT: Thurs PM (Players meet),

Fri PM, Sat All Day & PM, Sun 1/2 Day

REIKI MASTERS/MASTER CANDIDATES & SECOND DEGREE PRACTITIONERS:

Contact Collene about Transformation Game Workshops Focused on the 4 Aspects and 9 Elements of Reiki. If you choose to do a series of workshops focused on all of the Aspects or Elements, you will receive discounts.

Do not let your perceived financial constraints in these difficult times hold you from rich inner work that can support you! We are willing to work with you to make it all possible— Call it our own special "Stimulus Package"! Let's talk...

LOCAL ORGANIZERS

These classes and workshops are available outside the greater Seattle area in other US, Canadian, and European cities. If you would like to host one in your area, please contact Collene. Local organizers are compensated.