



Autumn Workshop Schedule for 2011

Meditation

COURSE	DATES	COST	LEVEL
Beginner's Meditation Course - teaching you some basic meditation methods for home use and to reduce stress - 5 week course, 6.45 pm for 1 hour Beginners Meditation Course Info>>>	Starting Wednesday 7 th Sept	£50	beginner
Heart Centre Meditation Course - guided group meditation working with the heart chakra - 6 week course, 8 pm for 1 hour Heart Centre Meditation Course Info>>>	Starting Wednesday 7 th Sept	£60	intermediate
How to Teach Children Meditation - teaching adults how to teach children meditation (includes manual and practise CD (10am to 4.30pm) How to Teach Children Meditation Course Info>>>	1 day course - 10am to 4.30pm) Sunday 2 nd October	£85	All Levels

Usui Reiki Training (accredited by CMA)

Reiki 1 - for self healing, healing with family, friends and pets - includes manual and attunement (9.30am to 5pm)	Sunday 26 th sept	£149 - deposit £65	beginner
Reiki 2 - to practise as professional therapist, learn healing to balance emotions, addictions - includes manual, assessment and attunement (9.30am to 5pm)	2011 dates full - see online booking for 2012 dates.	£175 - deposit £65	practitioner
Reiki 3 (Master Practitioner) - to practise as professional therapist using Master healing symbols - - includes training, manual, assessment and 121 support session. (9.30am to 5pm)	Sunday 20 th November	£335 - deposit £150	Intermediate/ advanced
Reiki Master Teacher - to teach students how to train in Reiki healing - includes training, manual, assessment and 121 support session. (9.30am to 5pm)	On request	£355 - deposit £150	advanced
Reiki Support and Meditation Sessions - Reiki meditation to recharge, rebalance and ask questions about Reiki for your practice	Mondays 6.30pm 5 th September 3 rd October	£11 (discount for FGT students)	All levels

Karuna Reiki Training - Please note we are planning a spiritual/training retreat to Assisi for 2012 - if you are trained to a minimum of Usui Reiki Master practitioner and are interested, please email Lorraine on info@ilovefgt.com to express your interest and details will follow.

Indian Head Massage (accredited by IPTI)

COURSE	DATES	COST	LEVEL
Level 1 - full basic routine to practise on family and friends- includes training and manual	Saturday and Sunday (10am to 5pm)	£155 - deposit £70	Beginner
Glasgow dates	12 th and 13 th Nov		
Edinburgh dates	29 th and 30 th October		

Complementary Therapies

Aromatherapy for Beginners - introduction to aromatherapy oils - how to apply safely for home use - practise on family and friends- includes training, notes and aromatherapy blend product.	Sunday 4 th Sept (10am to 1pm)	£49	Beginner
Aromatherapy for Babies/Children - introduction to aromatherapy oils - how to apply safely for use with babies/children for common ailments - includes training, notes and aromatherapy blend product.	Sunday 4 th Sept (2pm to 5pm)	£49	Beginner
Crystals for Beginners - introduction to crystals - how to cleanse, charge and work with them. Includes training and support notes - option to buy discounted crystal chakra set.	Saturday 25 th Sept (10am to 5pm)	£85	Beginner
Emotional Freedom Technique -Level 1	Saturday and Sunday 1 st and 2 nd October (10am to 5pm)	£180 - deposit £15	Beginner
Emotional Freedom Technique -Level 2	5 th & 6 th November	£225	Practitioner

Next Steps

If you are interested in any of these courses, please note that spaces are limited so prebooking is required. You can book online via our website www.ilovefgt.com Cheque/Credit/debit card accepted.

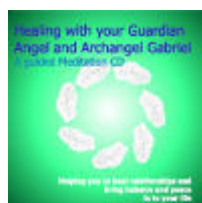
Meditation CDs

We offer a range of meditation CDs including:

Beginner Meditation CDs

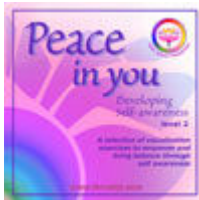


[Beginners>>>](#)



[Angels >>>](#)

Intermediate/Advanced Meditation CDs



[Developing Intuition >>>](#)



[Abundance and Gratitude >>>](#)

Children and Teenager Meditation CDs



[Meditation for Young People >>>](#)



[Meditation for Children >>>](#)

Reiki Meditation CDs



[Reiki Development \(all levels\)>>>](#)



[Reiki Support \(all levels\) >>>](#)



[Reiki 2 Healing \(Reiki 2 and above\)](#)

Thank you for browsing ... remember if you have any questions, please do not hesitate to contact Lorraine or the team on info@ilovefgt.com Tel 0131 337 1890.

Have a great day! 😊