

# Centre for Natural Healing & Meditation

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## Courses & Workshops 2025

Register on [www.cnhm.mu](http://www.cnhm.mu)

Courses	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Reiki Level 1	11, 12 & 31 Jan	1, 2 & 27 Feb	1, 2 & 23 Mar	5, 6 & 27 Apr	3, 4 & 24 May	7, 8 & 29 Jun	5, 6 & 27 Jul	2, 3 & 24 Aug	6, 7 & 28 Sep	4, 5 & 26 Oct	1, 2 & 23 Nov	6, 7 & 27 Dec
	22, 23 Jan & 12 Feb	5, 6 & 27 Feb	5, 6 & 26 Mar	9, 10 & 30 Apr	7, 8 & 28 May	11, 12 Jun & 2 Jul	11, 12 Jun & 2 Jul	6, 7 & 27 Aug	10, 11 Sep & 1 Oct	8, 9 & 29 Oct	5, 6 & 26 Nov	-
Reiki Level 2	18, 19 Jan & 7 Feb	8, 9 & 28 Feb	8, 9 & 30 Mar	12, 13 Apr & 2 May	21, 22 May & 22 Jun	14, 15 Jun & 4 Jul	23, 24 Jul & 13 Aug	9, 10 & 31 Aug	13, 14 Sep & 3 Oct	11, 12 & 31 Oct	8, 9 & 30 Nov	13, 14 Dec & 24 Jan
	-	19, 20 Feb & 13 Mar	-	23, 24 Apr & 14 May	-	4, 5 & 25 Jun	-	20, 21 Aug & 12 Sep	-	22, 23 Oct & 12 Nov	-	10, 11 & 31 Dec
Reiki Level 3A					9, 10, 11						21, 22, 23	
Reiki Level 3B					16, 17, 18							
Karuna Reiki 1&2						18, 19, 20						
Reiki 2 Meet	26-Jan	23-Feb	23-Mar	27-Apr	25-May	22-Jun	27-Jul	24-Aug	28-Sept	26-Oct	23-Nov	28-Dec
Reiki 3 Meet	-	16-Feb	16-Mar	20-Apr	-	01-Jun	-	17-Aug	21-Sept	19-Oct	16-Nov	21-Dec

I Am Better Workshop	25-Jan	15-Feb	29-Mar	29-Apr	31-May	28-Jun	26-Jul	30-Aug	27-Sept	25-Oct	29-Nov	20-Dec
I Am Better Workshop (Level 2)	30-Jan	13-Feb	20-Mar	17-Apr	29-May	26-Jun	17-Aug	14-Aug	18-Sept	16-Oct	20-Nov	18-Dec

## Weekly Meditations & Healing | Free & Open to all

### Meditation Sessions at the Centre

Monday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>6:00AM – 8:30AM</b> Special Chakra Meditation & Study Session by Master Vijay
<b>10:00AM – 11:30AM</b> Maha Mrityunjaya Mantra Chanting	<b>10:00AM – 11:30AM</b> Gayatri Mantra Chanting		<b>10:00AM – 12:00PM</b> Reiki Healing Attunement & Chakra Meditation		
<b>6:15PM – 7:15PM</b> So Hum - Meditation for Healing through self awareness	<b>5:30PM – 7:30PM</b> Reiki Healing Attunement & Metta Meditation		<b>6:15PM – 7:15PM</b> So Hum - Meditation for Healing through self awareness	<b>5:30PM – 6:30PM</b> Metta Meditation - For peace, loving kindness and good karma	

### Zoom Session (Zoom Link: [www.cnhm.mu/meditate](http://www.cnhm.mu/meditate) | Password: 1111)

Monday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:00 AM - 6:15 AM: Reiki Treatment with healing affirmations for health, vitality &amp; grow</b>					
<b>6:15 AM - 6:50 AM: So Hum - Meditation for Healing through self awareness</b>					
<b>2:30PM - 3:45PM : Reiki Treatment with healing affirmations for health, vitality &amp; growth</b>					
<b>6:50AM - 7:05 AM: Study Session &amp; The Great Invocation</b>					
<b>8:20PM - 8:40PM: Study Session &amp; The Great Invocation</b>					

### Full Moon Meditation | Free & Open to all | Meditation starts at 16:30 with Om Chanting

Wed 15, Jan	Wed 12, Feb	Fri 14, Mar	Sun 13, Apr	Mon 12, May*	Wed 11, Jun
Fri 11, Jul	Sat 9, Aug	Sun 7, Sep	Wed 8, Oct	Wed 5, Nov	Fri 5, Dec

\* Wesak Festival

### Healing & Energy Spa | Rs800 – Rs1,500

On Appointment   Book on <a href="http://www.cnhm.mu">www.cnhm.mu</a>	
Reiki Healing Treatment	Massage
Shiatsu	Foot Reflexology
Pranic Facelift & Body Sculpting	Lymphatic Drainage
Facial Treatment	

### Weekly Activities

	Day	Time
Yoga Classes (Rs 500 per month)	Monday	18.00 - 19.00
	Wednesday	10.30 – 11.30
	Friday	18.00 - 19.00
	Saturday	06.00 – 07.00
Yoga for Kids (Rs300 per month)	Sunday	7.30 - 8.15

**General Guidelines for all meditations:** Be on time for the meditation (be present at least 5 minutes before the meditation session) | Always do some physical and breathing exercises to prepare yourself for the meditation | Always do exercise after the meditation | Maintain a physical body hygiene as we are going to meditate in a group