



Peg Davis

Helping people achieve

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**BodyMind
WELLNESS**



Summer 2006 Calendar

Reiki Training

Reiki energy medicine helps heal the body, mind and spirit and is a wonderful addition to traditional medicine and integrative therapies. Peg Davis was trained as a Reiki Master/Teacher in 1997 under the guidance of Patrica J. Crane, Ph.D., and with direct lineage from the original Reiki Grand Master Dr. Mikao Usui.

NOTE: Double Blessings certificates may not be used for Reiki training. A 10% discount is given when tuition is paid in full at time of registration.

Reiki First Degree

August 12, Saturday, 9:00AM–4:00PM (7 hours).

Fee: \$150 • Call 738-1454 to register

In Reiki First Degree you'll learn a simple method for treating yourself and others. You'll receive sacred attunements for channeling the life force energy. This is a wonderful skill to learn, whether you're a health professional or veterinarian, or simply wish to assist in healing family and friends.

Reiki Second Degree

September 30, Saturday, 9:00AM–4:00PM (7 hours).

Fee: \$250 • Call 738-1454 to register

In Reiki Second Degree you'll receive sacred attunements and ancient Sanskrit symbols to channel greater amounts of energy, and a method for administering distance (absentee) treatments.

Reiki Master/Teacher Certification

October 1, Sunday, 9:00AM–4:00PM (7 hours).

Fee: \$600 • Call 738-1454 to register

A practicum is required for this level. Prerequisites: Reiki First and Second degrees, plus permission from the instructor. In Reiki Master/Teacher training you'll learn the practicum and attunements to empower all things in your life. Reiki III is usually sought by those practitioners who are dedicated to channeling positive energy in healing themselves and others.

Use Double Blessing certificates for individual sessions or group classes:

- Make lifestyle changes
- Manage stress
- Create positive self-esteem
- Handle fear and anger
- Examine barriers to change
- Develop support networks
- Become more personally empowered
- Live more fully
- Improve decision-making skills
- Choose healthy and healing foods
- Develop intuition
- Explore spirituality
- Use creativity for health
- Connect with nature
- Develop life-changing skills such as visualization, affirmations, journaling, meditation and conscious breathing.

**Reiki
Treatments**

If you're experiencing illness or dis-ease of any kind, emotionally, physically or spiritually, consider a Reiki treatment from Peg Davis.

**Private Session, 75
minute treatment**

Fee: \$55

New Workshops Welcome to My Garden

Two evenings: July 11, Tuesday, 5:00–8:00PM and July 13, Thursday, 5:00–8:00PM (6 hours).

Fee: \$75 • Call 738-1454 to register

In this new workshop, you'll learn co-creative energy processes for working with Nature, Elementals and Devas — for incorporating balanced energy and vitality into your home, apartment, office, business or garden... and having a team of experts assist you in completing projects.

A frequent visitor to my home, an expert gardener, exclaimed, "I don't know how your plants always look so beautiful — you do all the wrong things!" Little did she know I was taking my advice directly from Nature, rather than gardening books or labels on fertilizer bags! This is an engaging class, chock-full of information — don't miss it!

Meditation to Activate the Power of Your Natural Healing Force

First session: July 29, 9:00–11:00AM. Four more two-hour sessions at times to be determined by the group.

Fee: \$40 • Call 738-1454 to register

I'm often asked how to discover and try to fulfill one's life purpose, deepen spirituality, understand the challenges we are facing, or find the meaning in a life experience that just seems to make no sense. There are many ways to 'connect the dots'... but there is no better way than consistent meditation.

Explore meditation as medicine and motivation to physical, emotional and spiritual healing. Based on the cutting edge research and transcendental healing practice of Dharma Singh Khalsa, MD, prepare to be amazed and gratified at the ease and results of our meditation training.