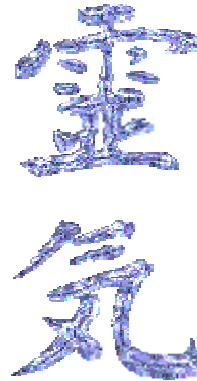
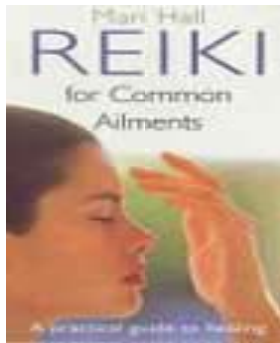




## Reiki – Level One

**"Corporate Communications" ...** One of Lahore's leading Management and HR Consultancies, is proud to present an enlightening, entertaining and fun -filled one-day workshop on **"Reiki" (Level-One)**



### Overview:

***Reiki (pronounced ray-key)*** is a simple ancient Japanese body and mind balancing technique that can be used for self-healing and personal development.

This gentle touch therapy involves the transfer of universal healing energy to help improve a person's health. It is powerful though natural. Reiki is known worldwide by people from every different walk of life and background. It does not require you to accept any particular belief system other than a desire for a better quality of life.

General benefits include stress reduction, natural pain relief, and a deep level of relaxation that promotes the body's own self healing abilities. It often results in a wonderful sense of well-being during the session and for some time after.

### Technique:

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an "attunement" given by a Reiki master and allows the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.

### Venue:

**Sunfort Hotel, Liberty Market, Lahore on April 11, 2008 from 9am-1pm**

## Costs:

Total workshop cost is **Rs 6,500** per person.

*(If you are a group of four or more we will give you a discount and charge Rs 6000/person)*

### Includes :

- ❖ Training notes/ manual
- ❖ Attunement
- ❖ Certificate
- ❖ Lavish Buffet Lunch
- ❖ Hi-Tea

## About The Trainer:



**Ms. Raheela Ahmed**

## Trainer's Profile:

**Raheela Ahmed** is a certified Reiki Master, from UK & USA specializing in

- Usui,
- Tibetan &
- DA instant Reiki

She has over six years of experience in this field and has also successfully trained over 100 people with Reiki Level I, II and III.

Currently running a **Reiki Clinic & Counseling Center** in **Lahore** and **Abu Dhabi**, her counseling includes successful and guaranteed relief from

- Tension
- Depression
- Traumas,
- Bad memory
- Phobia
- Sleep Disorders
- Relationship Problems
- Anger/Stress/Anxiety
- Low self-esteem
- Lack of Self-Confidence

## Raheela's popular **Alternate Healing Therapies** include:

- NLP
- Color therapy
- Hypnosis
- Acupressure
- Mirror healing
- Alpha mind
- Telepathy
- Candle healing

## **Achievements:**

- ❖ Detailed Interview on **Nadia Khan Show** (Dubai)
- ❖ Repeatedly been interviewed by the newspapers of UAE, like “**The Khaleej Times**” and “**Gulf News**” (based on
- ❖ Interviewed by **Geo TV**
- ❖ Has a weekly program on **FM Radio**
- ❖ Also pursuing a Ph.D in **NLP**
- ❖ Leads a team of Reiki Healers who are voluntarily working in hospitals
- ❖ Actively participates in various organizations & social groups for healing purposes
- ❖ Currently doing extensive research on **Color Therapy**
- ❖ Educates and trains in educational institutes to bring awareness of Reiki amongst youth
- ❖ She aims to enhance the health, wealth and happiness in people's lives and contribute in making this world a better place to live. This is to be done giving them such power in their hands through which they can face all challenges in life.

## **Reiki Training Programs:**

Reiki training is acquired in three stages or levels. Each level encompasses its own benefits and brings about radical changes in oneself.

Levels	Course	Duration
Level I	Present healing	3 hours
Level II	Absent healing	4 hours
Level III	Spiritual healing	4 hours
Reiki Master	Become a Reiki teacher	2 full days

## Co-Trainer:



Ms. Marryam Chaudhry

Ms. Marryam Chaudhry is the Managing Director, Corporate Communications, Lahore.

She is a professional corporate trainer and her company facilitates the business sector by providing practical, interactive and fun filled activity based trainings to the corporate sector, through workshops and seminars.

She has conducted numerous trainings, and has 9+ years of experience. She is a former Banker and a Gold Medalist MBA, and has lived most of her life in the United States .

Fast paced solutions, Creative techniques and innovative ideas coupled with her expertise in Management & Marketing areas facilitate her as a fully dedicated and passionate trainer.

She is enlisted on the panels of Lahore Chamber of Commerce and Industry, SMEDA (Small and Medium Enterprise Development Authority, WBIC (Women Business Incubation Center) as well as numerous other organizations.

### Other Experience:

- Ex-Banker- Askari Bank (From Management Trainee to Manager Operations)
- Enlisted as Trainer for SMEDA (as on SMEDA website)
- On Panel of LCCI as Trainer.
- Soft Skill course designer and trainer for NETSOL Technologies.
- Expertise in Soft Skills, Presentation Skills, Selling Skills and Customer Service.
- Lecturer for Curtin University, Australia (off-shore Campus)
- Member of National Speakers and Trainers Association (NS&TA)
- Member Ad-Hoc Council for NSTA
- Interview Panelist for Pakistan Education Foundation
- Successful Completion of 5 S & Kaizen: Tools and Implementation by NPO, Islamabad
- Successful Completion of “Lateral Thinking” Workshop of Edward DeBono by Dr. Gupta