

Reiki Precepts

Contributors

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De la Grenade Industries
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Hi -Tec Printery

JUST FOR TODAY;

- Just for today do not worry*
- Just for today do not anger*
- Honor your parents, teachers & elders*
- Earn your living honestly*
- Show gratitude to every living thing*

KYO DE KEWA;

- Ikaruna*
- Shin pai suna*
- Kan sha shite*
- Gyo o hageme*
- Hito ni shin setsuni*

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GRENADA

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INTERNATIONAL REIKI GATHERING

**September
16-19, 2010**



**INTERNATIONAL REIKI
GATHERING 2010
THEME: REIKI FOR
BODY, MIND & SPIRIT
TO PROMOTE WELLNESS**

Grenada Reiki Association
welcomes all Reiki Practitioners
to our first Reiki Gathering held
in the beautiful Spice Isle,
Grenada

September 16 to 19, 2010 at
serene St. Martin de Porres
Retreat Centre, Mt. St. Ervan's,
St. Andrew.

- **Awaken the Spirit is optional.**
- **Tai Chi with Stewart**
- **walks, prayer or**
- **Just stay in your bed.**

Programme Programme

Thursday, September 16th, 2010

12 onwards —Registration

5.00 to 6.:00 pm—Official Opening Media etc.

6:30 to 8.00 pm—Dinner

8:30 - Welcome ceremony—Reiki Initiates only

Friday, September 17th, 2010

6.00 to 6.45 am—”Awaken the Spirit with...”

7.30 to 8.30 am—Breakfast

9.00 to 9.15 am— Guided Meditation with
Dr. Trevor Davis

9.20 to 10.00 am—Presentation: Reiki & Science by
Dr. Winthrop Wiltshire—Reiki Master

10.00 to 10:30 am—Break

10.30 to 12 noon —Group Treatments

12.30 noon to 1.30 pm—Lunch

1.30 to 2.15 pm—Presentation: Reiki, Diet and
Exercise by Stewart Maxwell—Reiki Master

2.15 to 3.00 pm—”Individual sharing”

3.00 to 3.30 pm—Break

3.30 to 4.45pm—Group Treatments

4.45 to 5.30 pm—Private Time

6:00 to 900 pm—Fish Friday, Gouyave, St. John

Saturday, September 18th, 2010

6.00 to 6.45 am—”Awaken the Spirit with”

7.30 to 8.30 am—Breakfast

9.00 to 9.15 am—Guided Meditation with
Nikoyan Roberts

9.20 to 10.00 am—Presentation: Living with
Reiki—Living with God by Kathleen Hurley —
Reiki Master

10.00 to 10.30 am—Break

10.30 to 12.00 noon—Group Treatments

12.30 noon to 1.30 pm—Lunch

1.30 to 2.15 pm—Presentation: Reiki & Medicine
by Dr. Winthrop Wiltshire—Reiki Master

2.15 to 3.00 pm—”Individual Sharing”

3.00 to 3.30 pm—Break

3.30 to 5:00pm—Group Treatments

5:00 to 6:00 pm—Private Time

6:30 to 7.30 pm—Dinner

8.00 pm Until— “ Fun time in the Spice”

Sunday, September 19th, 2010

6.00 —6.45 am—”Awaken the Spirit with ”

7.30 to 8.30 am—Breakfast

9.00 to 9.15 am— Guided Meditation

9.20 to 10.00 am—Presentation: Experiences of a
Roving Reiki Clinic by Lynette Sealy-Atwell—
Reiki Master

10.00 to 10.15 am—Break

10.15 to 11.15 am—Group Treatments

11.15 to 12.00 noon— Round off

12.30 noon to 1.30 pm—Lunch

2:00 pm—Departures