

**Reiki Association of Jamaica**  
**“Living Reiki”**

**Caribbean Regional Reiki Gathering**  
**Morgan’s Harbour Hotel and Marina, Kingston, Jamaica**  
**22 - 25 September 2011**  
**Provisional Programme of Activities**

<b>Thursday, 22 September</b>	
a.m.	Arrival and Hotel Check in <i>Morgan’s Harbour Hotel and Marina</i> <i>Port Royal</i> <i>Kingston Jamaica</i> <i>Tel: 876 967-8048, 631-6954</i> <i>Email: info@morgansharbour.com</i>
15.00 – 18.30	Registration
18.00 – 19.00	Cocktail Reception
19.00 – 19.30	Welcome and Opening
19.30 - 21.00	Dinner

## Friday, 23 September

07.00 - 07.30	Rise and Shine	
	<ul style="list-style-type: none"><li>• Tai Chi</li><li>• Yoga</li><li>• Swimming</li></ul>	<ul style="list-style-type: none"><li>• Walking</li><li>• Meditation</li></ul>
07.30 - 09.00	Breakfast/Free Time	
09.00 - 09.15	Reiki Share	
09.15 - 11.10	Workshop Session <i>Today, release all anger</i>	
11.10 - 11.30	<b>Coffee Break</b>	
11.30 - 12.00	Group Treatment	
12.00 - 12.30	Prepare for afternoon outing	
12.30	Depart for Lime Cay	
1.00 - 14.30	<b>Lunch (Beach Picnic)</b>	
14.30 - 15.30	Workshop Session <i>Be free of worry</i>	
15.30 - 17.00	Breath Work	
17.00	Return to Hotel	
	Dinner/Free Time	

<b>Saturday, 24 September</b>		
7.00 – 7.30	Rise and Shine <ul style="list-style-type: none"> <li>• Tai Chi</li> <li>• Yoga</li> <li>• Swimming</li> </ul>	<ul style="list-style-type: none"> <li>• Walking</li> <li>• Meditation</li> </ul>
07.30 – 09.00	Breakfast/Free Time	
09.00 – 10.30	Workshop Session <i>Show gratitude</i>	
10.30 – 11.00	Prepare for afternoon outing	
11.00	Depart for Holywell Recreation Area, Blue and John Crow Mountains National Park	
13.00 – 14.00	LUNCH (Picnic in the Mountains)	
14.00 – 15.00	Workshop Session <i>Be diligent in all your undertakings</i>	
15.00 – 15.30	Group Treatment	
15.30 – 16.30	Discover Holywell Relax, hike, and enjoy the view!	
16.30	Return to Morgan's Harbour	
19.30 - onwards	Evening Programme (optional entertainment)	

## Sunday, 25 September

7.00 - 7.30	Rise and Shine	
	<ul style="list-style-type: none"><li>• Tai Chi</li><li>• Yoga</li><li>• Swimming</li></ul>	<ul style="list-style-type: none"><li>• Walking</li><li>• Meditation</li></ul>
07.30 - 08.30	Breakfast/Free Time	
08.30 - 10.00	Workshop Session <i>Treat others with kindness</i>	
10.00 - 10.30	Closing	
10.30 - 11.00	COFFEE BREAK	
11.00 - onwards	Airport transfers Participant departures	