

**Programs Sponsored at Ursuline Academy
Reiki/Mindfulness Department**

Reiki I

Jan. 17, 2009
Tues. Feb. 10, 2009
Mar. 21, 2009
May 16, 2009

July 25, 2009
Sept. 19, 2009
Tues. Oct 13, 2009
Nov. 21, 2009

Reiki II

Feb. 14, 2009
April 25, 2009
Aug. 15, 2009
Oct. 24th, 2009

Reiki I & II 8:45 – 6:30 p.m. Cost: \$150 per class

Art & Reiki III \$625. 10am-6pm each day

March 13, 14, 15, 2009
July 17, 18, 19, 2009
November 6, 7, 8, 2009

Karuna \$425 10am – 6pm each day

May 1, 2, 3, 2009

Reiki Circles 1-4pm each Sunday - \$10.00 donation

Jan. 18, Feb. 15, March 22, May 17, July 26, Sept. 20, Oct. 25

**Gratitude Day: Sunday, February 1st, 2009 10am – 5pm
Sunday, Dec. 6, 10 a.m.–5 p.m.**

Energy Medicine for Your Life: February 20-21, 2009

Cost: \$149 includes lunch and Energy Medicine Book

Facilitated by Douglas J. Moore & Janel Volk Hubbard

Sacred Heart Retreat: Sunday, April 5, 2009 Cost: \$125.

Facilitator: Sarah Weiss 9:30 a.m.–4:30 p.m.

**Mindfulness Retreats: Sundays: 10 a.m.–4 p.m. Dec. 14, 2008;
April 19; October 4 and June 14, 2009**