



Energy Work

Reiki I

3,000 BHT

By Katherine Lena Moore

Training date: June 15th-16th, August 10th-11th, September 28th-29th, November 17th-18th

Using the 'Universal Life Force' energy to heal yourself and others, Reiki is an easily mastered 'hands on' healing technique to bring balance, health and well being to the physical and spiritual body. The workshop also includes an introduction to the Chakra system and how balancing these energy centers can contribute to our overall well-being, attunement to the Reiki Universal energy. A certificate is given to the student at the end of the course.

A minimum of 4 persons are required.

Reiki Integration (1 day)

3,500 BHT

By Katherine Lena Moore

Training date: June 17th-18th

This workshop focuses on the integration of energy work with massage techniques, thus promoting an enhanced quality of treatment. It also helps prevent energy depletion for the therapist. The training includes: touch and energy channeling, body scanning, alignment of chakra and energy field, transformation of negative to positive energy, directing energy, awareness of energy practice and preventing depletion of energy.

Pre-requisite: Reiki I

A minimum of 4 persons are required.

Reiki II (2 days)

4,000 BHT

By Katherine Lena Moore

Training date: September 3rd-4th

This workshop is the next step on your healing journey. Reiki 2 will take you to a new level of healing. This workshop covers: distant and emotional-mental healing, the Reiki symbols, their meaning and mantra, attunement to the Reiki Universal energy. A certificate is given to the student at the end of the course.

Pre-requisite: Reiki I

A minimum of 4 persons are required.

Reiki III Master Practitioner (2 days)

10,000 BHT

By Katherine Lena Moore

Training date: October 21st-22nd

In this workshop you will learn the Reiki Master Symbols, their meaning as well as the mantra and their use. This will help you further your healing journey and attunement to the Reiki Universal energy. A certificate is given to the student at the end of the course.

Pre-requisite: Reiki II

***Training dates are subject to confirmation with the institute.

Reiki III Master Teacher (1 day)

18,000 BHT

By Katherine Lena Moore

Training date: by appointment only

This workshop is for those who have completed the first three stages of Reiki training and wish to teach and initiate others. Step by step instructions of the 'Attunement' process and guidance on the best teaching practices are given.

Pre-requisition: Reiki III Master Practitioner

Basic Healing Touch (2days)

4,000 BHT

By Buathon Thienarrom

Learn to utilize the breathing techniques based on Qi practice to accelerate the healing process and understand how to work on the body's bio-magnetic field. This is a simple technique to promote self-healing and to heal others. This workshop is highly recommended for Spa therapists and other body workers.

Facilitator



Katherine Lena Moore (Reiki Master) is passionate in her belief of a holistic approach to physical, emotional and spiritual health and wellbeing with over twenty years experience in the UK as reiki master and clairvoyant prior to moving to Hua Hin two years ago. Lena has various skills including working with energy sources that help promote self development through positive change of emotional and physical patterns.



Dr. Buathon Thienarrom Ph.D. (Holistic Practitioner) is a Spa professional. She always seeks to deliver an integrated understanding of body, mind and spirit to maintain health. Dr. Buathon has a background in Nursing, psychology and health sociology and she approaches health and well being in an holistic way.

Dr. Buathon has gained much experience when she was introduced leading health concepts at Chiva-Som, "Chi" Spa of Shangri-la and "Six Senses Spas". She is the founder of the Sukkasart Institute of Healing Arts.