

ENERGY IN FOCUS

UPCOMING EVENTS AND OTHER INTERESTING HAPPENINGS

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Welcome!

February already, the holiday atmosphere is receding quickly as our lives dive back into the flow of work, school, after school activities, extra work commitments. What routine have you set in place for yourself?

This year at Energy in Focus our focus is you. Our aim for 2010 is

To support you with inner restoration, balance, focus, grounding, self nurture and self healing.

Utilising the tools of Japanese Meditation Classes, Reiki Courses, Reiki Treatments, Reiki Student Clinic, providing many roads to access and cultivate an inner quiet.

The studio at Ki in Harmony is providing a wonderful venue to increase my services and workshops in ways that can help you connect to an inner calm and quiet.

We now have 5x Japanese Meditation Classes per week to choose from, a Reiki Student Clinic opening every Wednesday at Ki in Harmony, Reiki Courses Level 1 and 2. That is just for the first part of the year. I'm also looking at some one day workshops that are intensives with meditations, self healing and contemplative exercises to leave you feeling refreshed and energised.

This is your year to restore and energise. Start today.

We're here to support you.

Vicki

Reiki In The News

Dr Oz Mehmet: Popular on American TV, is a renowned cardiac surgeon at one of the top teaching hospitals in the world, introduced Reiki on his day time show as "one of my favorites. We've been using it in the OZ family for years." Dr Oz has had Reiki Masters in his surgery during open heart surgery. See the [TV clip here on YouTube](#)

Suite101: [Reiki is now being practiced in several hospitals in the US](#)

This is a **promo video** used in the UK to raise funds for Reiki Practitioners in hospitals over there. [View it here](#)

Fort Bliss Restoration and Resilience Program. The US military is using Reiki along with other holistic alternative and complementary therapies such as massage, acupuncture, meditation, qi gong and yoga for the treatment of PTSD at [Fort Bliss Restoration and Resilience Program](#). The [Fort Bliss program was founded by Dr. John Fortunato](#) and is currently under the direction of Dr. Vicki Thomas. On July 13, 2008, Army Chief of Staff, George Casey publicly announced that the Fort Bliss PTSD program should be replicated.

Exciting News as positive benefits of Reiki are recognised.

Reiki Student Clinic

Commencing Wednesday 17th February:

Now here is the perfect opportunity to try a Reiki Treatment. In the informal atmosphere at Ki in Harmony studio at Clareville Shops, the students of Energy in Focus are looking to practice their Reiki skills, under Vicki's supervision. The treatments are \$25 for half and hour, or \$50.00 for an hour. **Bookings are essential.**

The clinic is open every Wednesday, 1st appointment is 11.30am, we finish at 4.30pm.

Reiki Treatments can also be arranged with Vicki on other days, the cost is \$50.00 for 1/2hr or \$80 for an hour. These treatments are run at Energy in Focus studio and are focussed entirely on you and your requirements.

What is Reiki?

Reiki is a complementary therapy being used worldwide as a relaxation and touch therapy by people for TLC and general health. Reiki is suitable for any condition as there is no medication and no manipulation. A gentle laying of the hands, on and off the body, a slow warmth that builds as you feel a deep quiet seep through your whole body.

People have Reiki treatments for many reasons, some include anxiety, depression, stress management, chronic illnesses, and injuries and supporting difficult life changes.

Not sure about Reiki, this a great time to call in and talk to Vicki, the Reiki Teacher/Practitioner, she is happy to answer your questions about treatments and courses, the meditation classes and Reiki, the doors are open. **Satisfy your curiosity.**

Visit us at www.energyinfocus.com.au

or phone Vicki on 9973 1720 to enquire or book.

Reiki Courses

The system of Reiki provides a practical and simple system for you to engage your own health and happiness via meditation and ki (energy) cultivation techniques. The simplicity of Reiki makes it available to incorporate into your daily routine in life, until one day you realise it is part of your life. It has been shown to be effective in managing stress, strengthening the immune system, and assisting with chronic illness.

Reiki is also used by athletes, practitioners, healthcare workers, corporate executives, mothers, carers, creatives.

Why? To reduce the burnout effect. To create focus, a positive mental attitude, support and restore you from within.

These days our minds take over. Practicing Reiki helps us to feel grounded and centered in life. Hands on healing is only one aspect of what the system of Reiki has to offer.

Reiki is simple and effective in creating balance between mind body and spirit. It is restorative and provides support from within.

Next Reiki 1 Course will be early March, we are pencilling in a Sunday & Monday, or 2 x Sundays, [Register your interest today.](#)

To find out more please call Vicki on 9973 1720 or visit her at www.energyinfocus.com.au

“Only through practice and use do we become the skill. “

“Be Proactive,
let go of the
reactive and
enjoy life. “

Japanese Meditation Classes

Manage your stress, be calmer, happier and healthier, be focussed, sleep, and develop an understanding of being present.

Meditation practice offers pathways to all of the above.

The aim of the Japanese Meditation Classes is to provide you with practical ways to explore these benefits.

The classes are designed to provide you with a defined space and time to spend quiet time, time for you to be. To let go of the outside world and bring your focus inwards.

The classes are semi guided, they involve both sitting, and standing, combined with contemplation as we work with the elements of single focus meditations, utilising breath, Ki (energy) cultivation and awareness techniques, Precepts, (a way of being). The classes are about developing an inner quiet that is restorative and calming.

Vicki is a Reiki teacher and practitioner. Her aim is to create a bridge to the world of meditation and self restoration. The focus is on deepening and balancing both the mind and the body.

This class is experiential and to be tried. The first class is complimentary. The classes are run on a drop in basis. Each class is a complete practice.

Class Times

Tuesday mornings: 11.00am - 12 midday

Tuesday evenings: 7.30pm - 8.30pm

Thursday mornings: 9.45am - 10.45am, 11.00am - 12 midday

Thursday evenings: 7.00pm - 8.00pm

Please call first as I keep the classes small for personalised attention.

Cost: \$15.00 Casual or \$65 for 5x class pass

[For more information and booking details click here.](#)

“I have found these classes to be wonderful! The class is small and has such a welcoming feel about it and I can practice my meditation with guidance. It has given me the fundamentals to put my home practice into full swing and the benefits are amazing – quieter mind, more grounded, more patience - especially with my 3 year old! It is a much recommended class and I cannot stop raving about to all my friends and family!”
Laura

On Line Gift Vouchers Available

Gift vouchers are available for all services offered by Energy in Focus. Looking for a gift that is a little different, relaxing nurturing and peaceful. A Reiki treatment is all of those and more. Reiki treatments are a wonderful way to tell someone you care.

We have a range of Gift Vouchers available. You can do it all online, or ring us on 9973 1720 to arrange. [Gift Vouchers](#)

One to one

Not interested in being part of a group, Sometimes we feel the need to just have time alone to be and relax. Working with Vicki on a one to basis, she can tailor a practice to fit into your lifestyle, with particular focus on your requirements, whether is reconnecting to your creative side, focus for a sporting interest, or just restoring your inner self.

The system of Reiki and the Japanese meditation practices provide many pathways to work with.

We are all different. Have a chat with Vicki, to discuss your needs.

These sessions are tailored to suit you. They include a Reiki Treatment, Meditation, time to develop a practice for you to take home and work on.

To find out more please call Vicki on 9973 1720

Ki in Harmony

This is proving to be a great location. Small and just out of Avalon provides the perfect location for yoga and meditation classes.

Clareville shops is a vibrant location and sometimes can be a little distracting, they soon disappear as soon as you begin to connect in to your practice, you let go of the outside world, bring your focus to your hara centre, and breathe, a great discipline to take with you in everyday life.

The yoga classes with Jo and Tessa are proving popular, small classes with personalised attention, really helps you to get into the benefits that yoga has to offer.

This is a link to the full timetable of [events at Ki in Harmony](#).

Timetable

Mondays:

Yoga: 9.00-10.00am, 10.15 - 11.15am, 7.00pm - 8.00pm

Tuesdays:

Meditation 11.00am - midday, 7.30pm - 8.30pm

Wednesdays:

Yoga: 10.15-11.15 am,

Reiki Student Clinic: 11.30am - 4.30pm

Thursdays:

Meditation Classes: 9.45-10.45am, 11.00-12, 7.00-8.00pm

Fridays:

Yoga: 6.30 - 7.30 am,

Thankyou! for taking the time!

Please contact Vicki on 9973 1720 or visit me at www.energyinfocus.com.au

[To unsubscribe just send this email by clicking here.](#)

This update was sent by Vicki Huston, Energy In Focus, Trappers Way, Clareville, 2107