

Centre for Natural Healing & Meditation

262, Sookdeo Issur Lane, Bonne-Terre | 426-0586, 5704-3073 | www.cnhm.mu

Weekly Meditations & Healing | Free & Open to all

All meditation sessions are also accessible on Zoom | Zoom Link: www.cnhm.mu/meditate Password: 1111

Time	Monday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 – 06:15	Reiki Treatment with healing affirmations for health, vitality & growth (Zoom Session only)					
06.15 - 06.50	So Hum - Meditation for Healing through self awareness (Zoom Session only)					
06.50 - 07.05	Study Session & The Great Invocation (Zoom Session only)					
06.00 - 08.00						Special Chakra Meditation for Reiki Practitioners + Spiritual Study + complimentary Breakfast
09:30 - 10:30	Maha Mrityunjaya Mantra Chanting	Gayatri Mantra Chanting	Tat Twam Asi - Meditation for neutralizing Karma through acceptance. learning and forgiveness	-	Tat Twam Asi - Meditation for neutralizing Karma through acceptance. learning and forgiveness	
10:00 – 12:00				Reiki Healing Attunement & Chakra Meditation		
12:00 - 13:00	Tat Twam Asi - Meditation for neutralizing Karma through acceptance. learning and forgiveness	Meditation for Peace & Good Karma	Meditation for Peace & Good Karma	So Hum - Meditation for Healing through self awareness	Meditation for Peace & Good Karma	So Hum - Meditation for Healing through self awareness
14:30 - 15:30	Reiki Treatment with healing affirmations for health, vitality & growth (at the Centre & on Zoom)					
17:30 - 18:30	So Hum - Meditation for Healing through self awareness	Reiki Healing Attunement & Chakra Meditation	So Hum - Meditation for Healing through self awareness	Tat Twam Asi - Meditation for neutralizing Karma through acceptance. learning and forgiveness	So Hum - Meditation for Healing through self awareness	
17:30 - 19:30						
20.20 - 20.40	Study Session & The Great Invocation*					

General Guidelines for all meditations:

Be on time for the meditation (be present at least 5 minutes before the meditation session) | Always do some physical and breathing exercises to prepare yourself for the meditation | Always do exercise after the meditation | Maintain a physical body hygiene as we are going to meditate in a group