

Centre for Natural Healing & Meditation

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Courses & Workshops 2025

Register on www.cnhm.mu

Courses	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Reiki Level 1	11, 12 & 31 Jan	1, 2 & 27 Feb	1, 2 & 23 Mar	5, 6 & 27 Apr	3, 4 & 24 May	7, 8 & 29 Jun	5, 6 & 27 Jul	2, 3 & 24 Aug	6, 7 & 28 Sep	4, 5 & 26 Oct	1, 2 & 23 Nov	6, 7 & 27 Dec
	22, 23 Jan & 12 Feb	5, 6 & 27 Feb	5, 6 & 26 Mar	9, 10 & 30 Apr	7, 8 & 28 May	11, 12 Jun & 2 Jul	16, 17 Jun & 8 Aug	6, 7 & 27 Aug	10, 11 Sep & 1 Oct	8, 9 & 29 Oct	5, 6 & 26 Nov	-
Reiki Level 2	18, 19 Jan & 7 Feb	8, 9 & 28 Feb	8, 9 & 30 Mar	12, 13 Apr & 2 May	21, 22 May & 22 Jun	14, 15 Jun & 4 Jul	23, 24 Jul & 13 Aug	9, 10 & 31 Aug	13, 14 Sep & 3 Oct	11, 12 & 31 Oct	8, 9 & 30 Nov	13, 14 Dec & 24 Jan
	-	19, 20 Feb & 13 Mar	-	23, 24 Apr & 14 May	-	4, 5 & 25 Jun	-	20, 21 Aug & 12 Sep	-	22, 23 Oct & 12 Nov	-	10, 11 & 31 Dec
Reiki Level 3A					9, 10, 11						21, 22, 23	
Reiki Level 3B					16, 17, 18							
Karuna Reiki 1&2						18, 19, 20						
Reiki 2 Meet	26-Jan	23-Feb	23-Mar	27-Apr	25-May	22-Jun	27-Jul	24-Aug	28-Sept	26-Oct	23-Nov	28-Dec
Reiki 3 Meet	-	16-Feb	16-Mar	20-Apr	-	01-Jun	-	17-Aug	21-Sept	19-Oct	16-Nov	21-Dec

I Am Better Workshop	25-Jan	15-Feb	29-Mar	29-Apr	31-May	28-Jun	26-Jul	30-Aug	27-Sept	25-Oct	29-Nov	20-Dec
I Am Better Workshop (Level 2)	30-Jan	13-Feb	20-Mar	17-Apr	29-May	26-Jun	17-Aug	14-Aug	18-Sept	16-Oct	20-Nov	18-Dec

Weekly Meditations & Full Moon Meditations | Free & Open to all

Monday	Wednesday	Friday	Saturday	Sunday
				6.00 - 8.30 AM Special Chakra Meditation & Study Session by Master Vijay
10:00 – 11:30 AM Maha Mrityunjaya Mantra Chanting	10:00 – 11:30 AM Gayatri Mantra Chanting	10.00 AM - 12.00 PM Reiki Healing Attunement & Chakra Meditation		
17:30 – 18:45 PM So Hum - Meditation for healing through self awareness	17.30 - 19.30 PM Reiki Healing Attunement & Chakra Meditation	17.30 - 18.45 PM So Hum - Meditation for healing through self awareness	17.30 - 18.45 PM Metta Meditation - For peace, loving kindness and good karma	

Full Moon Meditation starts at 16:30

Wed 15, Jan	Wed 12, Feb	Fri 14, Mar	Sun 13, Apr	Mon 12, May*	Wed 11, Jun
Fri 11, Jul	Sat 9, Aug	Sun 7, Sep	Wed 8, Oct	Wed 5, Nov	Fri 5, Dec

Daily Online Meditation sessions on Zoom | Free & Open to all

Link: www.cnhm.mu/meditate | Password: 1111

Or meeting ID: 887 659 978 | Password: 1111

5.00 AM - 6.15 AM	Reiki Treatment with healing affirmations for health, vitality & growth
6.15 AM - 6.50 AM	So Hum - Meditation for healing through self awareness
6.50 AM - 7.05 AM	Study Session & The Great Invocation
2:30 PM - 3:45 PM	Reiki Treatment with healing affirmations for health, vitality & growth
8.20 PM - 8.40 PM	Study Session & The Great Invocation

General Guidelines for all meditations:

Be on time for the meditation (at least 5 minutes before the meditation session) • Always do 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.

Reiki Healing

On Appointment Book on www.cnhm.mu	
Reiki Healing Treatment	Rs 800

Weekly Yoga & Pilates class

Day	Time	Activity	Facilitator	Fee per month
Mon	9:30 – 10:00	Stott Pilates	Mr. Meekash	Rs 800
Mon	18:00 – 19:00	Yoga	Ms. Rekha	Rs 500
Wed	10:30 – 11:30	Yoga	Ms. Sarita	Rs 500
Thurs	9:30 – 10:30	Tai Chi	Mr Yasin	Rs 500
Thurs	18:00 – 19:00	Pilates	Mr. Meekash	Rs 800
Sat	6:00 – 7:00	Power Yoga	Mr. Prakash	Rs 500
Sat	14:00 – 15:30	Yin Yoga	Mr. Meekash	Rs 600
Sun	7:30 – 8:15	Kids Yoga (7-14 yrs)	Ms. Radhekshmi	Rs 300
Sun	9:30 – 10:30	Karate (Kids/Adults)	Mr Avinash	Rs 300 / 500
Sun	11:30 – 12:30	Tai Chi	Mr Yasin	Rs 500