



About the Facilitator

Dr. Nikki Staley

Metaphysician, Holistic Counsellor, Reiki Master
Member IICT & ARC

Nikki has her Doctorate Degree in Philosophy, specialising in Metaphysical Science, is an accredited Holistic Counsellor, Reiki Master and teacher who was born in Melbourne, Australia. She is a member of the International Institute for Complementary Therapists (IICT) and the Australian Reiki Connection (ARC). She also has completed her Nationally Accredited Certificate II – First Aid Training and has a Working with Children card.

Nikki was first introduced to meditation in her early teens and has been studying many different forms of meditation for the past 25 years. Nikki has appeared on many radio shows and was even offered her own TV Show. She loves sharing her knowledge through her classes and speaking appearances on holistic health and wellbeing.

She has an interest in yoga, meditation, Reiki, philosophy and the practice of Tao.



Staley Health

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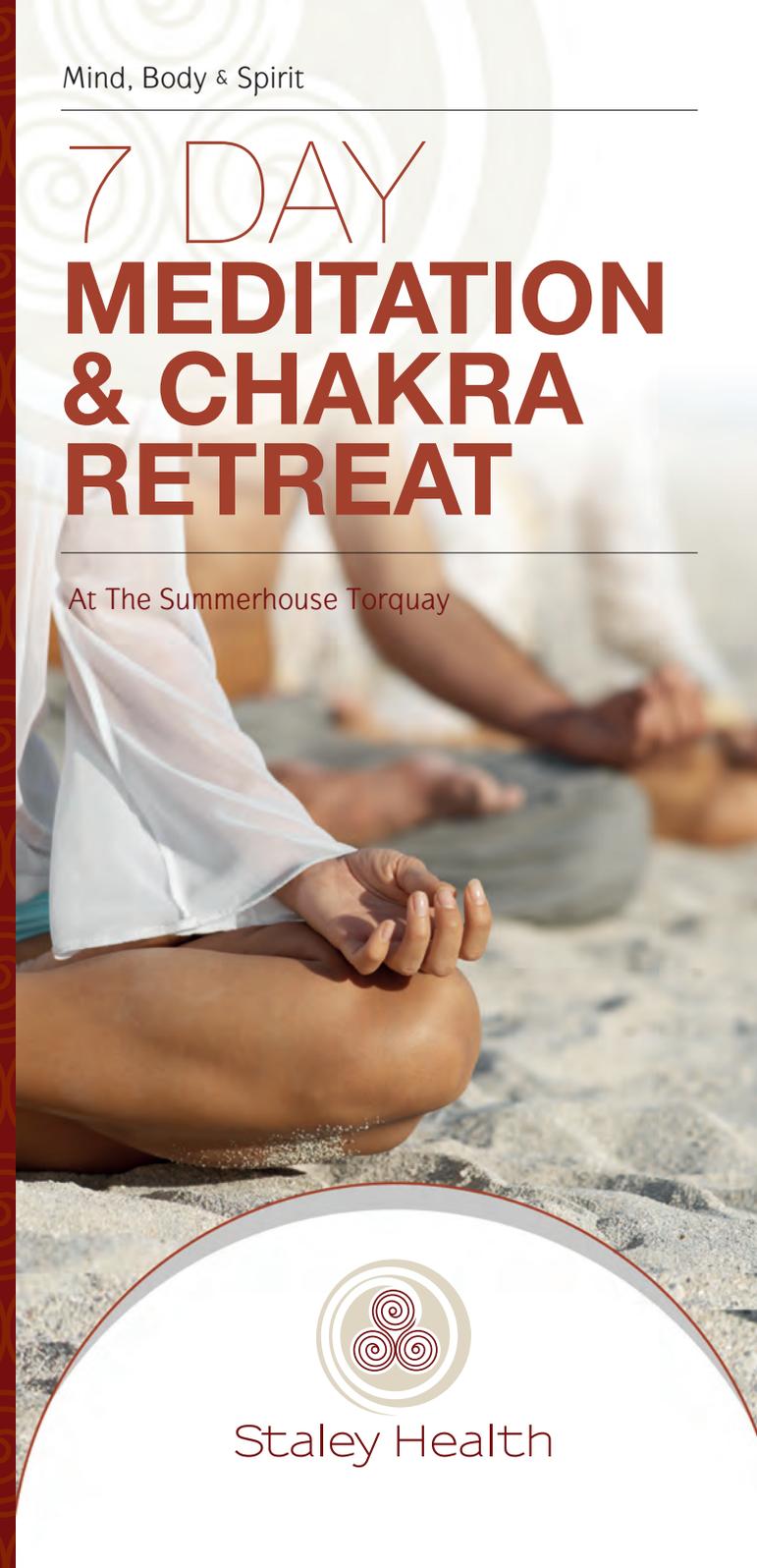
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Mind, Body & Spirit

7 DAY MEDITATION & CHAKRA RETREAT

At The Summerhouse Torquay



Staley Health



CHAKRA

The word Chakra is Sanskrit for wheel or disk and refers to an energy centre within the body. We have many Chakras, but there are seven main Chakra centres. Above is a picture of the location of the seven main Chakra centres, and each one relates to our different thoughts, feelings and beliefs. Prana is the vital life force that keeps us vibrant, healthy and alive which flows when we are present or conscious, but if our Prana is blocked by negative thoughts, feelings or beliefs, this affects what and how we create. This is why it is important to keep our Chakras cleansed and balanced so you can prevent illness and suffering.

This course is an amazing journey through each Chakra, exploring and cleansing each one, so you can experience conscious living, vitality, happiness and inner peace.



MEDITATION



During this course you will experience conscious living through the Chakra System. Each day we will journey through one Chakra at a time, discovering any unconscious thoughts, feelings or negativities that are preventing you from living a conscious life. We then cleanse each Chakra so you can experience liberation and freedom. You will have the space for personal reflection, deep healing and self-study.

All meals provided are vegetarian (for an additional cost) and there is a BBQ and kitchen if you wish to purchase your own food to cook. The Course is held at the stunning new retreat, The Summerhouse Torquay.



RETREAT

Included in this course:

- 7 night's Accommodation at **The Summerhouse Torquay**
- Course Manual
- Notepad and pen
- Chakra cleansing crystals
- Morning and afternoon tea
- Free guide to the Chakra System (*Wheels of Life* by Anodea Judith, Ph.D)
- Free intuitive Chakra Reading or Reiki treatment (valued at \$100.00)

When: 22nd to 28th January, 2018

Where: The Summerhouse, Torquay
5 Camrose Court, Jan Juc

Cost: \$1,225.00 (without breakfast)
\$1,295.00 (with breakfast)
\$1,575.00 (with breakfast, lunch and dinner)

For enquiries:

Call Nikki on 0400 497 024

To book:

Go to www.staleyhealth.com