



## Worldwide Online Workshops in May 2020

With joy and gratitude, Natural Way of Living is announcing our worldwide online workshops for May 2020:

### Reiki Tummo Online Workshop Level 1

**Pre-requisite:** None

**Benefits:**

- Instant capability to channel Reiki healing energy
- Initial kundalini activation and preparation for the Kundalini awakening in Level 2
- Connection to both Divine and Earth core energy
- Ability to channel Reiki healing energy to yourself and others to improve your physical, mental, and emotional health
- Opening of major chakras (Crown, Heart and Palms)
- Opening of major energy channels (Sushumna)
- Opening and Strengthening of the Heart

### Reiki Tummo Online Workshops Level 1 available in May:

Date : 2 May 2020  
Time : 09.00-17.00 BST (UTC +1)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://forms.gle/3TGvbpDnXLdy6cPv8>  
Contact Email : [jacquigascoyne@gmail.com](mailto:jacquigascoyne@gmail.com)

Date : 2 May 2020  
Time : 09.00-17.00 AEST (UTC +10)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://forms.gle/27ZykBXbJktaaL1f9>



natural way of living

Contact Email : [amhutchins@gmail.com](mailto:amhutchins@gmail.com)

Date : 16 May 2020  
Time : 09.00-17.00 PDT (UTC -7)  
Please click [here](#) to find your local time

Language : English  
Registration link : <http://reikitummo-usa.com/online-reiki-tummo-workshops/>

Contact Email : [reikitummo.losangeles@gmail.com](mailto:reikitummo.losangeles@gmail.com)

Date : 23 May 2020  
Time : 10.00-18.00 CEST (UTC +2)  
Please click [here](#) to find your local time

Language : German  
Registration link : <https://forms.gle/TeD1MzdVweZHMjZv9>  
Contact Email : [nsudyatma@gmail.com](mailto:nsudyatma@gmail.com)

Date : 30 May 2020  
Time : 09.00-17.00 EDT (UTC -4)  
Please click [here](#) to find your local time

Language : English  
Registration link : <http://reikitummo-usa.com/online-reiki-tummo-workshops/>  
Contact Email : [lotus.grahamw@gmail.com](mailto:lotus.grahamw@gmail.com)

## Reiki Tummo Online Workshop Level 2

**Pre-requisite:** Reiki Tummo Level 1

**Benefits:**

- Safe and instant Kundalini awakening
- Connected better with your heart, Divine Energy and the Earth's Core energy
- Advanced energy channeling with deeper level of surrendering (no more Reiki symbol is used)
- Tummo technique / meditation
- Advanced distance healing

**Reiki Tummo Workshops Level 2 available in May:**



Date : 3 May 2020  
Time : 09.00-17.00 BST (UTC +1)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://forms.gle/3TGvbpDnXLdy6cPv8>  
Contact Email : [jacquigascoyne@gmail.com](mailto:jacquigascoyne@gmail.com)

Date : 3 May 2020  
Time : 09.00-17.00 AEST (UTC +10)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://forms.gle/27ZykBXbJktaaL1f9>  
Contact Email : [amhutchins@gmail.com](mailto:amhutchins@gmail.com)

Date : 17 May 2020  
Time : 09.00-17.00 PDT (UTC -7)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <http://reikitungmo-usa.com/online-reiki-tummo-workshops/>  
Contact Email : [reikitungmo.losangeles@gmail.com](mailto:reikitungmo.losangeles@gmail.com)

Date : 24 May 2020  
Time : 10.00-18.00 CEST (UTC +2)  
Please click [here](#) to find your local time  
Language : German  
Registration link : <https://forms.gle/TeD1MzdVweZHMjZv9>  
Contact Email : [nsudyatma@gmail.com](mailto:nsudyatma@gmail.com)

Date : 31 May 2020  
Time : 09.00-17.00 EDT (UTC -4)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <http://reikitungmo-usa.com/online-reiki-tummo-workshops/>  
Contact Email : [lotus.grahamw@gmail.com](mailto:lotus.grahamw@gmail.com)

## Reiki Tummo Online Workshop Level 3A



**Pre-requisite:** Reiki Tummo Level 2 and has practiced for 3 consecutive weeks

**Benefits:**

- Kundalini fire reaches at least to the Heart chakra level
- Mass energy channeling/healing
- Programming an object to become an active energy channel
- Developing the seven major chakras
- Advanced stage of the Tummo technique
- Letting the Divine blessing surpass your limitations
- Introduction to the Divine Shing Chi chakra

**SHING CHI Attunements is given as bonus**

Shing Chi chakras are divine chakras, located above the crown chakra. Activating higher chakras will allow you to access the energy from these higher chakras to help your spiritual growth and healing.

**Reiki Tummo Workshops Level 3A available in May:**

Date : 2 May 2020  
Time : 09.00-17.00 EDT (UTC-4)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://docs.google.com/forms/d/e/1FAIpQLSe5TU12xW8FdL908VJr37Tq6hhYph8zP6tiGUKIhSB9oVpnbQ/viewform>  
Contact Email : [reikitungmocalgary@gmail.com](mailto:reikitungmocalgary@gmail.com)

Date : 30 May 2020  
Time : 09.00-17.00 AEST (UTC +10)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://forms.gle/6AsBxCuzPdy2dWSY7>  
Contact Email : [sharon.e.clarke1@gmail.com](mailto:sharon.e.clarke1@gmail.com)

**Meditation Online Workshop**

**Pre-requisite:** Reiki Tummo Level 2



### **Benefits:**

- Cleansing the Rudra knot
- Activating the pineal gland to release melatonin and endorphine to improve health and meditation.
- Cleansing the body layers (cleanse emotions, trauma) to help opening your Heart better.
- Improving connection to higher consciousness.
- Knowing Heart better.
- Enjoying the beauty of the Divine Source's Love.
- Becoming the Instrument of the Divine Source

### **Meditation Workshops available in May:**

Date : 3 May 2020  
Time : 09.00-13.00 EDT (UTC-4)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://docs.google.com/forms/d/e/1FAIpQLSe5TU12xW8FdL908VJr37Tq6hhYph8zP6tiGUKIhSB9oVpnbQ/viewform>  
Contact Email : [reikitummocalgary@gmail.com](mailto:reikitummocalgary@gmail.com)

Date : 31 May 2020  
Time : 09.00-13.00 AEST (UTC +10)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://forms.gle/6AsBxCuzPdy2dWSY7>  
Contact Email : [sharon.e.clarke1@gmail.com](mailto:sharon.e.clarke1@gmail.com)

## **Kundalini Online Workshop**

**Pre-requisite:** Reiki Tummo Level 2

### **Benefits:**

- Simple ways to make the Kundalini work its best 24 hours a day.
- Techniques to speed up the Kundalini cleansing process.
- Removing Karma roots.
- Cleansing and widening the sushumna.
- Advance cleansing of body layers.
- Kundalini Fire/Flame grow bigger.
- Stimulating the core of the Kundalini.



- Cleansing Nadis.
- Cleansing Aura.
- Advanced Tummo Meditation

### **Kundalini Workshops available in May:**

Date : 3 May 2020  
Time : 14.00-18.00 EDT (UTC-4)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://docs.google.com/forms/d/e/1FAIpQLSe5TU12xW8FdL908VJr37Tq6hhYph8zP6tiGUKIhSB9oVpnbQ/viewform>  
Contact Email : [reikitummocalgary@gmail.com](mailto:reikitummocalgary@gmail.com)

Date : 31 May 2020  
Time : 14.00-18.00 AEST (UTC +10)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://forms.gle/6AsBxCuzPdy2dWSY7>  
Contact Email : [sharon.e.clarke1@gmail.com](mailto:sharon.e.clarke1@gmail.com)

### **Open Heart Online Workshop Level 1**

**Pre-requisite:** None

Level 1 Open Heart Workshop is a practical and experiential workshop designed to help you feel the beauty within your heart. The exercises in this workshop will show you how to reduce the domination of the brain and strengthen your heart connection, bringing abundant joy, peace, and calmness into your life.

**Benefits:**

- Strengthen your heart
- Open your heart through Open Heart Meditation™
- Surrender more to True Source
- Rely on True Source's Blessing within your heart in praying and living your daily life



- Let your heart become more dominant in your daily life

### **Open Heart Online Workshops Level 1 available in May:**

Date : 9 May 2020  
Time : 10.00-18.00 CEST (UTC +2)  
Please click [here](#) to find your local time  
Language : German  
Registration link : <https://forms.gle/cQ4kpZ9H3DWpG6M88>  
Contact Email : [lotusminh@gmail.com](mailto:lotusminh@gmail.com)

Date : 30 May 2020  
Time : 10.00-18.00 CEST (UTC +2)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://forms.gle/R2AdJJ3pGvUyDa8T7>  
Contact Email : [k.husemann@gmx.de](mailto:k.husemann@gmx.de)

Date : 30 May 2020  
Time : 09.00-17.00 PDT (UTC -7)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://www.openheartmeditation.com/online-workshops/>  
Contact Email : [openheartla@gmail.com](mailto:openheartla@gmail.com)

### **Open Heart Online Workshop Level 2**

**Pre-requisite:** Open Heart Level 1

Level 2 Open Heart Workshop will support and guide you to more deeply experience peace, joy, and blessings while relying on the love within your heart. A practical and experiential workshop designed to further assist you in letting go of life's burdens, pressures, and worries to experience a deeper layer in your heart, and how to begin accessing your heart for guidance.

#### **Benefits:**

- Get truths from your heart
- Use your heart to rely on True Source Love in your daily life
- Improve the feeling within your heart



- Be more grateful while being within the Love
- Open your heart more to True Source
- Direct your heart even better to True Source
- Learn to trust True Source more by surrendering

### **Open Heart Online Workshops Level 2 available in May:**

Date : 10 May 2020  
Time : 10.00-18.00 CEST (UTC +2)  
Please click [here](#) to find your local time  
Language : German  
Registration link : <https://forms.gle/cQ4kpZ9H3DWpG6M88>  
Contact Email : [lotusminh@gmail.com](mailto:lotusminh@gmail.com)

Date : 31 May 2020  
Time : 10.00-18.00 CEST (UTC +2)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://forms.gle/R2AdJJ3pGvUyDa8T7>  
Contact Email : [k.husemann@gmx.de](mailto:k.husemann@gmx.de)

Date : 31 May 2020  
Time : 09.00-17.00 PDT (UTC -7)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://www.openheartmeditation.com/online-workshops/>  
Contact Email : [openheartla@gmail.com](mailto:openheartla@gmail.com)

### **Open Heart Online Workshop Level 3**

**Pre-requisite:** Open Heart Level 2 and has practiced for 3 weeks

**Benefits:**

- Improve your connection to the Creator
- Cleanse and open your Heart further
- Be within your Heart
- Praying from within your heart
- Surrender problems and burdens from within your heart





## Open Heart Online Workshops Level 3 available in May:

Date : 9 May 2020  
Time : 10.00-18.00 UYT (UTC -3)  
Please click [here](#) to find your local time  
Language : Spanish  
Registration link : <https://forms.gle/Ys2kMC1abTnztftx7>  
Contact Email : [slassus@gmail.com](mailto:slassus@gmail.com)

Date : 16 May 2020  
Time : 10.00-18.00 CEST (UTC +2)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://forms.gle/U9LAaWYijh6u69cg8>  
Contact Email : [k.husemann@gmx.de](mailto:k.husemann@gmx.de)

Date : 16 May 2020  
Time : 09.00-17.00 EDT (UTC -4)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://www.openheartmeditation.com/online-workshops/>  
Contact Email : [taluzatkinson@gmail.com](mailto:taluzatkinson@gmail.com)

## Open Heart Online Workshop Level 4

**Pre-requisite:** Open Heart Level 3

**Benefits:**

- Ability to do self healing to improve your physical, mental, and emotional health
- Your heart becomes freer without being blocked, so the Love can radiate more freely and sweetly
- Be within the Pure Love within our heart
- Remove our limitations on a deeper level, so that the Love can work on our whole heart and our whole being
- Interact with others from within the Love within the heart



### **Open Heart Online Workshops Level 4 available in May:**

Date : 10 May 2020  
Time : 10.00-18.00 UYT (UTC -3)  
Please click [here](#) to find your local time  
Language : Spanish  
Registration link : <https://forms.gle/Ys2kMC1abTnztftx7>  
Email : [slassus@gmail.com](mailto:slassus@gmail.com)

Date : 17 May 2020  
Time : 10.00-18.00 CEST (UTC +2)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://forms.gle/U9LAaWYijh6u69cg8>  
Email : [k.husemann@gmx.de](mailto:k.husemann@gmx.de)

Date : 17 May 2020  
Time : 09.00-17.00 EDT (UTC -4)  
Please click [here](#) to find your local time  
Language : English  
Registration link : <https://www.openheartmeditation.com/online-workshops/>  
Contact Email : [taluzatkinson@gmail.com](mailto:taluzatkinson@gmail.com)

### **Workshop Fees**

The workshop fees depend on your location. Please contact the coordinator at the email address provided in the particular workshop for further information

### **Place**

The online workshop will be done through ZOOM program, and all participants have to install this application on your computer.

To install ZOOM application: <https://zoom.us/download> or for Mac <https://support.zoom.us/hc/enus/articles/203020795-How-To-Install-on-Mac>

### **Technical Requirements**



- You have access to computer and adequate internet connection to use Zoom. If possible, 1 computer per participant. Please don't use mobile phone.
  - Mic must be functioning adequately
  - Camera must be functioning adequately
- You have a private and quiet room to join the workshop because there will be partner/group practices, so please make sure there will be no noise and nobody could enter in/out of the room during the workshop as that may disturb others
- Ensure that you have assigned your duties/responsibilities to another person so you are free during the workshop
- It is the participant's responsibility to make sure of their internet connection/electricity power etc. In the case of failure in power/internet connection, no refunds will be made.

## Payment

- Please do not make a transfer before receiving confirmation email from the committee.
- Please ensure that you transfer the proper amount (workshop fee + transfer fee) and please state: your name, type and date of the workshops clearly in your transfer transaction
- Please email the proof of transfer by replying to the confirmation email from the committee
- If we did not receive a full payment by the deadline, your registration will be cancelled



## Participants Discounts

- Participant discount applies only to new workshops
- Discounts are only applicable for Natural Way of Living Workshops

Discount Category	Discount Amount	Category Description
Category 1	25% discount	<ul style="list-style-type: none"> <li>• Senior (62+ years old)</li> <li>• Unemployed and needy</li> <li>• Undergraduate students who are not working</li> <li>• Children 17 years old and under</li> </ul>
Category 2	50% discount	<ul style="list-style-type: none"> <li>• Children 12 years old and under</li> <li>• If a parent brings 2 or more children below the age of 17 years, each child receives a 50% discount (no discount for the parent in this case)</li> </ul>
Category 3	75% discount Only for RT 1 & OH1	<ul style="list-style-type: none"> <li>• Toddlers ≤5 years old</li> </ul>
Category 4	By Donation Only for OH1&2 And RT1&2	<ul style="list-style-type: none"> <li>• Terminal Illness [with hospital/doctor's reference]</li> </ul> <p>For other workshops, please submit case by case to HO/GM.</p>
Others	<p><b>SPECIAL COVID-19 DISCOUNT</b></p> <p>We recognize that doctors and nurses in the frontline combatting COVID-19 all over the world are in need of as much support as possible during these difficult times. We would like to extend a special 50% discount for all active doctors and nurses who are working in the frontline combatting COVID-19. (Not including dentists, retired doctors/nurses, or other doctors and nurses that are not working with COVID-19 patients).</p>	