

Presented by Nutaofit Teate Academy & Life Balance Starts Here

# Novice, Apprentice, Journeyman

# Teate Courses

Get 2 certificates at once - Teate & Reiki

**Take charge of your Health & Wellbeing now!**

**Self Healing, Meditation, Relaxation, Energy**

Highlights from the course include:

## NOVICE



### POSITIVE MINDSET

Take charge of your mind and your life

Learn the difference between will power & mindset

### ENERGY & BALANCE

Energy levels, self balance & balance others

Quick energy boosts

### REIKI HEALING

Reiki story, self healing & healing others

### YOUR CHAKRAS

7 Chakras, hand mudras & meridians

### ACCUPRESSURE

Discover the secrets of the "10 Master Points" to health & wellbeing

### MEDITATION

Let go of your stress, tension and anxiety through grounding & breathing

Discover the simple solution to the meditation struggle.

**Take charge of your Health, Wellbeing..have more Energy & Balance in your Life...**

**Take the next step..and experience the benefits of greater clarity, calmness & enjoyment!**

**TEATE Courses are FUN, SIMPLE & EASY to learn...BOOK NOW!**

Sunday 18<sup>th</sup> & 25th July 2010, 9.00am - 4.00pm 769 Centre Road, East Bentleigh, Vic. 3165

**Teate NOVICE & Reiki I Course...Get 2 Certificates at once!**

## COURSE



## NOVICE

## NOVICE

Teate courses give you two (2) certificates in one, at the successful completion of the course students receive Certificates in Reiki and Teate through Nutaofit Teate Academy. Three (3) levels are available to students, i.e.

i) **Novice** - Level 1 or beginners course for those who are starting out and what to know more and take control of their health and wellbeing; as well as experience the benefits of better health, increased energy, greater clarity, increased calmness and enjoyment.

Some of the modules covered during the course are:

- History of Teate
- Energy introduction and drills
- Breathing miracle
- Healing sounds and 7 chakra activation sounds
- Energy and balancing
- Accupressure introduction
- Reiki history and self healing
- and much more....



Teate & Reiki Masters  
Paul Mracek &  
Geoff Hutchinson

ii) **Apprentice** - Level 2 or intermediate course continues on from Novice and takes you into greater knowledge and understanding that increases your energy further, provides greater body and energy balance to clear blockages and attract what you deserve in your life.

iii) **Journeyman** - Level 3 or advanced course builds on Apprentice and takes your healing, relaxation, meditation and energy levels higher. You will learn how to help others with advanced Reiki skills and much, much more...that you have to experience to believe.

**CONTACT [info@lifebalancestartshere.com](mailto:info@lifebalancestartshere.com) for more details - APPRENTICE (Level II) & JOURNEYMAN (Level III)**

Booking is essential to confirm your spot in these sought after courses. What to wear on the day - Comfortable clothes, e.g. tracksuit or similar and slip on footwear. What to bring - A fun attitude and an open mind so that you get the most out of the sessions.

**Life Balance Starts Here: [www.LIFEBALANCESTARTSHERE.com](http://www.LIFEBALANCESTARTSHERE.com)**

**BOOK NOW** to make sure you don't miss out on the next **Novice course**. Price \$295... Value = "Priceless" to take charge of your life!

### BOOKING FORM

Name \_\_\_\_\_ Address \_\_\_\_\_ State \_\_\_\_\_ P'code \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_ Payment Method : VISA  MASTERCARD  CHEQUE  CASH

Credit Card Number

Expiry Date

PRICE: \$295

Signature \_\_\_\_\_ Date \_\_\_\_\_

By signing above, I authorize Kotan Australia to process my credit card in accordance with the Cardholder Agreement. I understand that I have 7 days from the date that I signed this form to ask for a refund, prior to the start / completion of the service or product provided. After this period I understand that I cannot receive a refund.

Call (03) 9532-5476 to book today or complete your registration and return via fax, email or mail.

769 Centre Road, East Bentleigh, 3165, Email : [info@lifebalancestartshere.com](mailto:info@lifebalancestartshere.com)

[www.LIFEBALANCESTARTSHERE.com](http://www.LIFEBALANCESTARTSHERE.com)