

Reiki Jin Kei Do Retreat at Skyland, Virginia Reiki and Our Healing Journey: Mind, Body, Spirit



October 24-26, 2008

All Reiki Jin Kei Do Senior Practitioners

- **Expanding the Reiki Jin Kei Do Community**
 - **Integrating the 3 Pillars of the Jin Kei Do Tradition**
- **Topics related to Reiki and the healing arts**
 - **Discovering and meeting new friends**
- **Reiki Exchanges plus time in meditation and Qigong**

Gilbert Gallego, Anne Aden, and Stella Koch invite all Reiki Jin Kei Do Masters and students, who have completed the Second Degree Course (or above) to a Reiki retreat to be held at Skyland Resort, Virginia in the Shenandoah Valley.

The retreat is presented so that senior members of the Reiki Jin Kei Do tradition may meet and socialize with other members of the community in a relaxing and beautiful environment. The retreat is designed so that attendees may participate in topics of interest to them or experience the calming affect of the Shenandoah Valley.

Topics that will be presented are:

- **‘Be Winnie the Pooh!’ grasp your inner knowing – Megumi Abiko**
- **Nutri Energetic Systems - Dan Ebaugh, M.Ac. L.Ac.**
- **Finding yourself in the Labyrinth – Pat Fogle, RN**
- **Wellness through Ayurvedic medicine – Jessica Taylor**
- **Offering Reiki in the medical community – Christina Graham**
- **The Healer Within Qi Gong – Liz Cournoyer**
- **“Let’s Play!”, how to work with pendulums – Megumi Abiko**
- **Participating in periods of in-depth meditation**
- **Reiki Exchanges**

Cost for this retreat is \$75. Please send your \$75 deposit to Gilbert Gallego, Fairfax Skin Care Center at 10805 Main Street, Suite 500, Fairfax, VA 22030. Please send an email to gilbertgallego@comcast.net to indicate your interest in participating in the retreat.

The following rooms have been reserved for us at the Skyland Resort – the highest point on the Skyline Drive: Six Cabin rooms: each room has a private entrance, private shower, and one double bed for \$78.00. One two-room cabin with private shower with one double bed, and a second bedroom with two twin beds for \$99.00 – this unit will sleep 1 to 4 people. Thirteen Lodge rooms with private entrance, full bath, two queen beds and balcony facing the mountains and sunset for \$138.00. The Lodge rooms are in the same unit and face the setting sun overlooking the Shenandoah Valley. Meals are served in the main dining room in the lodge and are paid individually by the participant. The rooms have been reserved until August 30. Please make your reservation as soon as possible at 1-800-999-4714 or 540-843-2100 – ask for group sales. Use the Booking Code 2E00LD. You may also speak directly with Barbara Ramey who is our coordinator at Skyland Resort for any additional information. In addition, send a note to Stella Koch at smkoch@aol.com if you would like to share a room and if so, your preference in roommate for the double rooms. If you desire to have a room mate, we can also assign a person to room with you.

We are pleased to announce that Megumi Abiko will be conducting an individual procedure known as “*Cutting Cords of Attachment*”. This procedure helps to release problems that repeat endlessly on the level of energy – permanently. A Cord of Attachment is a negative energy structure between two people that causes patterns from the past to continue into the present. Cords contain patterns of negative energy that distorts thinking and feelings. The negative effects of a cord are ongoing and chronic, repeating on a daily basis at the level of the subconscious mind – that cause you to feel stuck in old patterns. This procedure can help release these negative cords. The procedure runs about an hour and costs \$85. There will be a few, limited appointments during the retreat. Please call Megumi directly at 908-392-1232 to set up an appointment. Please note that I can testify myself to its effectiveness! (Gilbert)

An attempt is being made to also have a Massage Therapist available during the Retreat.

We hope that you will be able to join us on our annual retreat!

Gilbert, Anne, and Stella