



**Euro Reiki Retreat 2010
& Shinpiden Level III
Teacher Course**

WITH FRANS AND BRONWEN STIENE OF THE INTERNATIONAL HOUSE OF REIKI

COME WITH US TO THE SOUTH OF SPAIN!

VENUE:

Rancho del Ingles,

Alhaurin de la Torre,
15 minutes from Malaga Airport,
Spain

DATES:

Retreat

20th-25th
September

Free Day 25th

Shinpiden

26th-29th
September

Join us for the Euro Reiki Retreat, Shinpiden Reiki III Teacher course, a holiday in South Spain or all three.

Join Reiki practitioners from all over Europe (and perhaps further afield) in Andalucia, taking in the Spanish sun as we sit in the mountains' foothills, near the coast, nestled peacefully amongst orange, lemon and avocado groves.

The International House of Reiki has put together a wonderful 4 day/5 night Euro Reiki Retreat for Reiki practitioners of all lineages and Reiki schools.

Not only can you enjoy the Retreat but, if you are a Level II or III practitioner, you can stay on for an extra 4 nights and enter the world of Shinpiden Level III, International House of Reiki style!

This means **support**, **professional training** and an **excellence in Reiki research!**

Read on...



rancho del ingles

Alhaurín de la Torre

GET RELAXED GET RECONNECTED WITH YOUR REIKI PRACTISE

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EURO REIKI RETREAT 2010



All Reiki levels & schools welcome! †
20th -25th September 2010
4 days/5 nights



Take time out in 2010 to relax with the Euro Reiki Retreat




You arrive at Rancho del Ingles on Monday the 20th September. You then take part in the Euro Reiki Retreat on Tuesday, Wednesday, Thursday and Friday and leave on Saturday the 25th.

PS: If you are a Reiki Level II or III you can stay on to take part in the Shinpiden Level III Reiki Teacher course on Sunday, Monday and Tuesday and then you leave on Wednesday the 29th. The 25th September is your free day to take a tour to see the beautiful sights of Cordoba or Granada, go shopping in Malaga or hang out at the beach.



Why hold a Euro Reiki Retreat?

We began holding annual 4 day Reiki Retreats in Australia from 2008. Their popularity motivated us to develop the Euro Reiki Retreat. We have seen how wonderful it can be when Reiki people come together. This has inspired us to work harder to be a part of a Reiki community where we are kind and welcoming to each other.



We believe such events create a wonderful precedent for the system of Reiki globally. The south of Spain was chosen for a multitude of reasons including its proximity to a large number of European countries, accessibility by plane to Malaga airport, reasonable cost of accommodation and food, GREAT food, sea, surf and sand and beautiful Andalucian villages.

Be a part of this inaugural European Reiki Retreat.

Here are some articles by participants from the Australian Retreats.

<http://www.reiki.net.au/news.asp?id=150> <http://www.reiki.net.au/news.asp?id=198>

“Thanks once again for putting together a really wonderful retreat. I'm looking forward to next year's!”

*Jason, 2009
Retraatee
Australia*

What can I expect from attending?

The Retreat will:

- ✓ Help you continue your self-practice routine and strengthen it
- ✓ Get you back in touch with what it means to be a Reiki practitioner or simply support you at your current stage of energetic development
- ✓ Give you a fresh viewpoint on the system of Reiki from a Japanese perspective including the energetic system at its foundation
- ✓ Offer you support through Retreat teachers Frans and Bronwen Stiene
- ✓ Allow you to spend time developing friendships with those with similar interests
- ✓ Connect you with nature and help you to find a little more peace in your life
- ✓ Give you the opportunity to be a part of the a wider Reiki community

What is Rancho del Ingles?

Rancho del Ingles is situated in Southern Spain on a spectacular spacious rural estate of immense character, between the mountains and the sea.

There are unique buildings flavoured with their Spanish heritage, fabulous gardens to stroll through, a pool to relax next to, and nooks and crannies to escape into.

Just 15 minutes from Malaga airport it is the perfect place to get to with ease that is out of this world.



Typical day at the Euro Reiki Retreat



The 4 day Euro Reiki Retreat consists of working with Reiki on yourself and with your fellow Reiki retreatees for 2.5 hours each morning and afternoon (a total of 5 hours a day).

We'll be working both inside and out throughout the Retreat.

The teachers, Frans and Bronwen Stiene, focus on the Japanese aspects of the system of Reiki, and will be working from this perspective throughout the Retreat.

There is a long siesta break each afternoon giving participants the chance to relax, share time with others or take off on their own for a nature walk.

Hey! Why not just grab a book and a poolside towel and just relax!

This Retreat is made for you to RENEW and RECONNECT with your Reiki practise.

Or perhaps you're here to learn something new.

There is opportunity for every type of Reiki practitioner at the Euro Reiki Retreat.

EXPECTATIONS!

Here's an idea of what you might expect during one of the Retreat days...

7am - Wake up early and take in the Spanish sun after a dip in the pool and some yoga in the garden.

8-9am - Breakfast with your fellow participants out on the verandah as the day begins to warm.

9-11.30am - Come together in the main Reiki space called El Studio and be guided by Frans and Bronwen Stiene through practices for the self and others - working with the Japanese aspects of the system of Reiki. (see Subjects Covered at the Euro Reiki Retreat).

El Estudio is wonderful for Reiki and meditation. Throw open the huge doors and sense the outdoors, see the trees and sky, hear the stream and birds, or close everything up and remain in the special place inside.

11.30am-1pm - Sit back and be spoilt as lunch comes to you outside in the nature.

1pm-3pm - Take off and enjoy a nature walk, a swim, a read in the sun or... a siesta. Perhaps you'd like to spend time with some new friends?

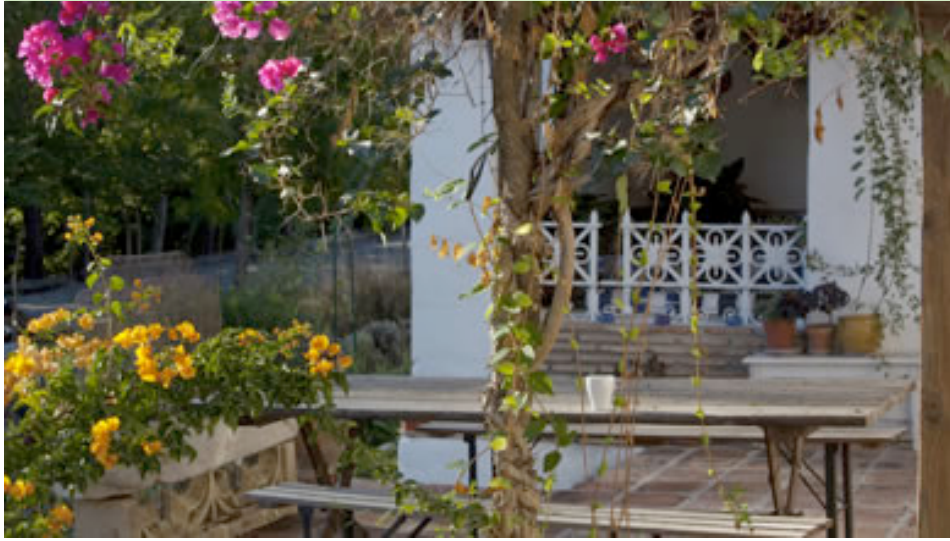
Why not check out Rancho del Ingles' gardens? They include a natural stream providing greenery and growth to the rich Spanish soil. There are lawns, and woods, a herb garden, mature shrubs and palms. According to season you can pick your own avocados, oranges, lemons, walnuts, almonds, asparagus, pomegranates and olives.

3pm-5.30pm - Resume the Euro Reiki Retreat with Frans and Bronwen Stiene and enjoy not only working with others, but creating change in your life with Reiki in this magical environment. (see Subjects Covered at the Euro Reiki Retreat)

5.30-6.30pm - Watch the sun set over the Andalucian mountains as you breathe in that special Spanish air.

6.30pm Join together with your Reiki friends to feast in the evening and discuss your Reiki journey past, present and future.

Goodnight, sleep tight!



Subjects covered at the Euro Reiki Retreat

The balance between practical experiential work and discussion groups at the Retreat will be just right.

You will come away from the Retreat relaxed and renewed with a stronger will to continue your practice after this wonderful in-depth energetic experience.

We aim to support your clarity regarding what you do, how you do it and why you are doing it.

You will not only spend time developing your own inner Reiki connection but will be working with others as well.

Due to the fabulous Spanish atmosphere of Rancho del Ingles and its gorgeous gardens, we will also be utilising the natural elements to bring us closer to the flow of Universal Energy.

There will be many opportunities each day for question and answer sessions and if you feel the need to practice Reiki treatments with friends outside the official Retreat hours and scheduled subjects, we encourage you to take advantage of the wonderful natural environment to do so.

Self-Development

- ✓ Japanese meditation techniques (approx. 45 minute sessions)
- ✓ The power of sound with Japanese mantras
- ✓ Integrating the Reiki Precepts meditations
- ✓ Practices to connect with your True Essence
- ✓ Connecting to the natural (rainforest) elements using Reiki

Working with Others

- ✓ Learn alternative methods of working with energy to heal
- ✓ Perform Reiki treatments

Group Discussions

- ✓ What is Reiki?
- ✓ How to get the most out of your personal Reiki practise
- ✓ The Japanese roots of the system of Reiki
- ✓ Discussing and experiencing the Japanese energetic system of the Three Diamonds
- ✓ The Reiki Precepts in Your Life



SHINPIDEN REIKI LEVEL III

“You've opened up a whole new world for me. Even after 10 year of Reiki practice.

Your presentation is clear and your demeanor almost Holy.”

*Ardrea Burrell,
Shinpiden graduate
USA*

Level II and III students welcome! †
25th-29th September 2010
3 days/4 nights

Take time out in 2010 to relax with the Euro Reiki Retreat

After completing the Euro Reiki Retreat... instead of having to tear yourself away on Saturday the 25th you can have the day off to absorb everything you learnt at the Retreat. Then you'll be ready to take on Shinpiden Level III Sunday, Monday and Tuesday and you won't have to leave until Wednesday the 29th. Phew! This will be a week to remember!

PS: You will have to attend the Retreat if you wish to take part in this special Shinpiden course.

The Shinpiden Level III Reiki Teacher course of your lifetime!

- ✓ This course takes you deep into your personal place of healing and experiential understanding
- ✓ The teacher, Frans Stiene, is an internationally renowned teacher, author and researcher of the system of Reiki and is there to guide and support you
- ✓ Study the intellectual and practical elements of the system of Reiki from a Japanese perspective such as the Japanese shirushi (symbols) and jumon (mantras), the traditional Reiju (attunements) and their connection to Japanese philosophies
- ✓ Discover the origin of Reiki's spiritual nature
- ✓ Receive manuals for all Reiki levels to use for your students
- ✓ Take home a Usui Reiki Ryoho Shinpiden Teacher Certificate from the International House of Reiki
- ✓ Become a part of the International House of Reiki student community

“This was life-changing - I had no concept of how much further and deeper I could take my personal spiritual path - you have shone a light into the distance for as far as I choose to continue.”

*Ariel,
Shinpiden graduate
USA*

Find out all about our Shinpiden courses

<http://www.reiki.net.au/copy.asp?id=CourseThree>

For more information about the type of Reiki we teach, Usui Reiki Ryoho: <http://www.reiki.net.au/copy.asp?id=BenefitsBranches>

Our students love our courses for a variety of reasons - we believe because they are fresh and come from a space of true experience and factual research. Here are some things our students have said:

You have uncovered the beautiful harmony of the system of Reiki.

*Matti Tappinen, Finland
(Shinpiden)*

I love and respect my previous teachers very much ... but it was Frans that showed me the truth and the depth about Reiki.

*Sundar Kadayam, USA
(Shinpiden)*

The depth of understanding that the Stiene's bring is a very valuable guide to one's personal journey into the mystery of Reiki.

*Tom Schulte, Canada
(Shinpiden)*

I had waited so long for this course... It is everything I wanted and much, much more.

Sara Saund, UK (Shinpiden)

This gave me the missing link to understanding the true spirit and intent of Reiki. A must for those who wish to internalize and go deeper into their practice of Reiki.

*Lisa Larsen, Canada
(Shinpiden)*

Frans and Bronwen are wonderful role models for anyone new to the world of Reiki, and I feel they capture the true essence of the history and sacredness that goes hand in hand with this wonderful methodology of energy healing.

Paul Dunn, Australia (Shinpiden)

Nothing will ever be the same!

*Olga Rasmussen, USA
(Shinpiden)*



rancho del ingles

Alhaurín de la Torre

Cost & Accommodation

“Thank you for bringing the teachings, the heart, and soul of the system of Reiki.

Your masterful teaching that combines story, humor and simplicity has led me to a deeper understanding and fuller experience of my original nature and the universe, the compassion that drives life.”

*Gayle,
Shinpiden
graduate USA*

RETREAT 20-25 SEPTEMBER

The Euro Reiki Retreat Package includes:

- ✓ **5 nights twin share accommodation** in beautiful Rancho del Ingles (20-25 September)
- ✓ **4 day Reiki Retreat** with Reiki Teachers & authors Frans and Bronwen Stiene
- ✓ **Full Board** - Scrummy vegetarian breakfast, lunch and dinner
- ✓ **Certification** as an attendee at the Euro Reiki Retreat 2010 by the International House of Reiki

Check in on Monday, between 2pm and 4pm and check out on Saturday after breakfast.



COST of Euro Reiki Retreat Package

Total Price 795 Euro

Deposit 400 Euro - Deposits must be paid to secure your booking and are non-refundable. The remainder to be paid 6 weeks before the start of the Retreat.

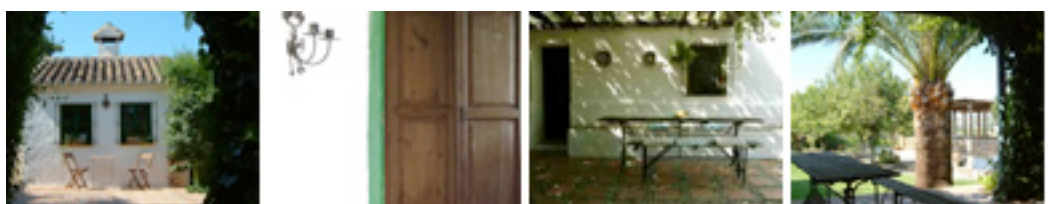
Priority is given to twin rooms to be shared although a limited number of single accommodations will be available. Let us know if you would like to know the price for a single room.

Be warned... There is limited accommodation at Rancho del Ingles.

The price does not include:

Flights to Malaga airport

Transport to the Retreat (just 15 minutes from Malaga airport)



Cost & Accommodation

“I will
change the
way I teach
Reiki
forever!

You have
enabled me
to change
my focus to
spiritual
practice
rather than
"doing
Reiki".”

*Bill,
Shinpiden
graduate
USA*

*All students taking
Shinpiden Level III
(new students
or those resitting)
must attend the
Euro Reiki Retreat
prior to the Shinpi-
den course.*

SHINPIDEN LEVEL III 26-29 SEPTEMBER

The Shinpiden Level III Package includes:

- ✓ **Euro Reiki Retreat** package from 20th-25th September PLUS
- ✓ One **free day** on the 25th September between the Euro Reiki Retreat and Shinpiden Level III (full board and accommodation included) at Rancho del Ingles (you are welcome to take a day tour at your own expense or just sit by the pool and relax).
- ✓ **4 nights twin share accommodation** in beautiful Rancho del Ingles (26-29 September)
- ✓ **3 day Shinpiden Level III** taught by international Reiki Teacher & author Frans Stiene
- ✓ **Full Board** - Scrummy vegetarian breakfast, lunch and dinner
- ✓ **Certification** into Shinpiden Level III with the International House of Reiki

After enjoying your free day on Saturday the 25th September and the Shinpiden course on the 26th, 27th, 28th, check out is on Wednesday the 29th after breakfast.



COST of Shinpiden Level III Package (includes Euro Reiki Retreat package)

NEW SHINPIDEN STUDENTS - Total Price 2215 Euro

Deposit 720 Euro

RESITTERS - Total Price 1415 Euro

Deposit 720 Euro

Deposits must be paid to secure your booking and are non-refundable. The remainder to be paid 6 weeks prior to the start of the Retreat.

The price does not include: Flights to Malaga airport or transport to the Retreat



Meals

More about Accommodation

The rooms are not standard, some are fabulous, most have something special, but they do vary as you can see by the photos of the various houses. You can find out more about each unique house and its charms at the website www.ranchosdelingles.com.

Priority is given to twin rooms to be shared although a limited number of single accommodations will be available. Let us know if you would like to know the price for a single room.

Repeat warning ... There is limited accommodation at Rancho del Ingles.

Meals are included in the Euro Reiki Retreat and Shinpiden Level III packages.

Delicious cuisine includes a buffet breakfast of cereals, toast, fruit, yogurt, etc followed by a natively simple lunch of salads, breads and cheese. Supper is a three course meal of soup followed by a main course and dessert.

All meals are vegetarian.

You can get a bit of an idea of the quality of the cooking by the wonderful comments on www.tripadvisor.com under Rancho del Ingles.

Do let us know if you have any special food requirements and we will tell the chef!



“What can I say?
Words cannot actually
express how grateful I
am to both of you for
the truths you have
shared.”

*Nina Fotara,
Shinpiden graduate
UK*



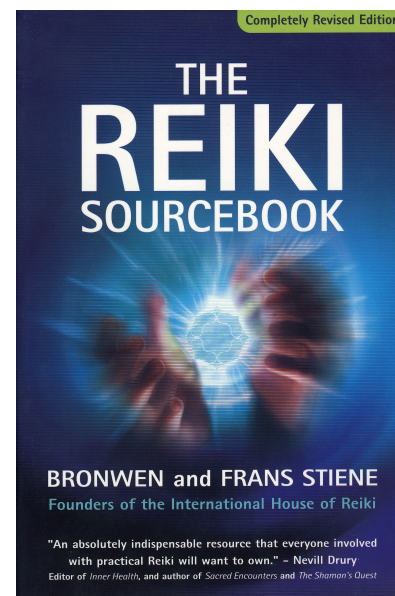
Retreat Organisers and Teachers

Your hosts and teachers for the Euro Reiki Retreat are Frans and Bronwen Stiene. They are the founders of the International House of Reiki.

Frans and Bronwen are also the authors of such internationally acclaimed books as *The Reiki Sourcebook*, *Your Reiki Treatment* and *The Japanese Art of Reiki*. In conjunction with Sounds True Bronwen has also released the CD, *Reiki Meditations for Self-Healing*.

Frans and Bronwen will be facilitating the Retreat and Frans will be teaching the Shinpiden course. They teach in Australia, North America and Europe and their main interest in the system of Reiki is from the Japanese perspective.

You can find out more about them from their website www.reiki.net.au.





How to Book



To book into the Euro Reiki Retreat and/or Shinpiden Level III please pay your non-refundable deposit in Euros to:

Account name: Stretching Out SL

IBAN: ES13 0049-6514-54-2216091922

SWIFT: BSCHEMM

Bank: Banco Santander Central Hispano

Account no: 0049-6514-542216091922

IMPORTANT: Please send us an email that the deposit has been paid in order for us to confirm your place!

Once the deposit is paid you will be sent a request for the remainder of the payment through Paypal. If you do not have a Paypal account, we will organise payment with you individually.

Your Retreat & course must be booked and paid for at least 6 weeks prior to the Retreat.

Accommodation IS limited. All payments are not refundable.



What is Provided?

Full Board

Accommodation & vegetarian meals are provided. Accommodation is twin share but there are a couple of rooms that can be single as they have a double bed in them rather than twin beds. There is an additional price for a single room - be quick if you want one.

Towels & Linen

All linen and bath towels are provided by Rancho del Ingles.



Things to bring with you

Clothing

You'll need your swimmers and some clothes for warm and cool weather. It can be cool in the evening and even some warm bed clothes might be an idea - just in case. In the evening we'll be sitting outside to eat so casual clothes that can keep you warm if necessary like a shawl or light jacket might be a good idea. Make sure you bring a hat and sunscreen too.

Mosquito Repellant

Take some mosquito repellant along with you just in case those blighters come out to get you!

Torch

A torch might be useful in the evening.

Health Card

It is an idea for any Europeans to have a health card only because there are reciprocal health agreements between EU countries but you need the card to qualify.



GETTING THERE

Where is Rancho del Inglés?

Rancho del Inglés is few minutes drive from the small busy town of Alhaurín de la Torre where there are bars, restaurants and cafes, tennis, visiting open market, covered market, shops and supermarket. The city of Málaga is also within convenient driving distance. Alhaurín de la Torre boasts its own 18 hole golf course and is also within easy reach of the major courses on the coast.

15 minutes drive from the coast and airport. The Mediterranean coast stretches out in both directions. To the west is Marbella and Tarifa which is famous for its white sands and wind-surfing. To the east is Nerja where the coast becomes more rugged. It is easy to drive to the busy Costa Del Sol and Malaga, but you go to it; it doesn't come to you.

The nearest railway station - Málaga Airport or Málaga Central for Seville, Córdoba, Madrid etc

Exit airport on N340 and turn right, that is in a westerly direction towards Cádiz /Torremolinos. Soon you will see a blue pedestrian-bridge that crosses the road. Be prepared to take a turn-off to the right onto the A366, direction Churriana / Alhaurín / Coin that comes up after 100 metres. You will come to a roundabout with a Burger King to your left. Take the first exit, direction Alhaurín de la Torre.


Follow this road all the way until you reach Alhaurín de la Torre. (There will be signpost/s pointing right to the Centro.) Continue straight through, over various traffic lights and past shops. As this road becomes a little less commercial you will see a BP garage on your right. This is an important landmark for you and you should ask for the Gasolinera BP en Alhaurín de la Torre in case you are lost.

After the BP garage you will shortly come to a roundabout. Turn right in the direction of Málaga and Coin. You then quickly come to another roundabout, go straight over. You then quickly come to another roundabout, take the first exit right in the direction of Málaga. Almost straight away you will see a road sign on the right reading " Málaga 21 km". Just behind this road sign is a T (no through road) sign on your right. This is where you should turn right and take the No Through Road: Camino del Convento.


NB If you approach the lane from the other direction you shouldn't cross the solid central line. You should continue to roundabout and double back on yourself. We are the first entrance you can see on the bend as you ascend the track. You have arrived at Rancho del Inglés. Follow the drive round the bend and then take the slope to your left and park up after a few hundred metres.

Catching a Taxi? We'll circulate the participants' emails prior to the Euro Reiki Retreat so that you can meet up to share a taxi if you so wish. Arrival is between 2pm and 4pm on Monday. The cost is approx. 25 euro to get to Rancho del Ingles.

What to do in Andalucia?




Rancho del Ingles suggests these things for you to do in the local surroundings...

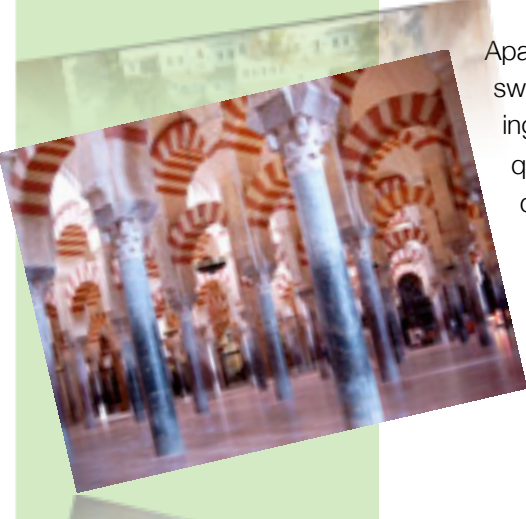


Many people find it hard to drag themselves away from Rancho and are reluctant to leave the pool. There is table tennis and there are board games to help amuse children.

Rancho del Inglés is well situated for driving to the coast and inland destinations or if you fancy a break from driving there are superb rail links.



Whatever you may forget about the holiday or even life in general, you will find the Alhambra at Granada truly memorable. There is the incredible Mezquita at Córdoba, and Seville in all its glory is within two hours. Ronda, Mijas and Nerja are all accessible as are any number of white villages.



Apart from sightseeing, there is swimming, tennis, walking, horse riding, golf, mountaineering, canoeing, quad biking, go karting, yoga, gardens large and small to visit... there are so many choices. There are quite a few websites with walks but these are mostly in Spanish. www.webmalaga.com will give you some ideas. Do a search for "senderos" (footpaths). There are

some spectacular walking areas in Andalucia and there is a good network of long distance paths (senderos de Gran Recorrido or GR) and shorter walks (PR).

Seaworld, Crocodile Park and Plaza Mayor with cafes, shops and cinema showing English films, and an 18 hole golf course are all within short driving distance.

If this isn't enough there are hundreds of suggestions at Tripadvisor under Malaga Day Trips.

Malaga Tapas Bars and Restaurants Malaga is a great place for tapas bars and restaurants. But Malaga is more typically Spanish than the other coastal resorts and most restaurants open at 8.30 pm for evening meals. For real Spanish atmosphere with your drinks and tapas try Pimpi in calle Granada; you will be glad you found it: it is quite a big place but the entrance is quite small, so you need to keep your eyes open. For vegetarian restaurants look on www.happycow.com

Malaga Shopping Malaga is great for shopping but do remember that most of the shops close in the afternoon (from 1.30pm to 5pm) but they are open till about 8pm at night.

[Fuengirola](#) has a market on Tuesdays and Torremolinos has one on Thursdays near the bull ring.



International House of Reiki

Refund Policy

Refunds are only given if a course is altered or cancelled by the International House of Reiki. We do not accept responsibility for changes in students' personal circumstances and reserve the right to alter/cancel any of the available courses. If there is reasonable cause, students may move their courses forward to a new date after booking and paying for a course. In the case of this Retreat the International House of Reiki must be notified of cancellation 30 days prior to the Retreat or Shinpiden course or the student's course payment will be forfeited. If the International House of Reiki cancels the Retreat or Shinpiden Course students will be refunded their monies. The International House of Reiki is not responsible for covering the students' transportation costs under any circumstances.

* Not included in the costs of this Retreat or Shinpiden Course is transportation to Rancho del Ingles

† The International House of Reiki reserves the right to decline enrolments where it sees fit. In such a case any payments received will be returned to the interested party

SEE YOU THERE



rancho del ingles

Alhaurín de la Torre