

Yearly CALENDAR of events 2010



ANUA was created to allow people to escape to some quiet time in a tranquil and calm environment whilst they enjoy our wide range of sacred healing touch treatments and body stress release offerings, as well as relaxing in our trendy unisex hair studio.

We feel that our planet Earth is a temple and now more than ever needs a collective effort on our part to bring in more consciousness, love, silence, laughter, light and a sense of oneness amongst all people.

Our purpose is to create, through ANUA, an environment where all these qualities can thrive, to support the healing process the world needs and to assist humankind remember its true nature of peaceful Being-ness.

Regular Events - Booking required where indicated

Daily – phone for appointment:

Unisex Professional Hair Studio; Body Stress Release Treatments; Sunbed, Facials, Galvanic Anti-Aging Treatments; Body Wraps, Belvaspata and Reiki Energy Healings.

WEEKLY: Guided Meditation & Visualisation Class

No experience required. No Cost

Bring cake to share – tea/coffee supplied re-commencing 11th January 2010 Every Monday 7.15pm to 8.30pm – Gates close 7.30pm sharp.

No booking required – first come first seated.

MONTHLY: SATSANG Spiritual and Mystic Study Group

- Last Thursday of month - Cost R50 pp

7pm to 9pm

Various topics on mystic and spiritual matters – includes a one hour 'live' radio talk recording on subject matter for evening

Tea/coffee and biscuits included - Booking/pre-payment required
(re-commencing Thursday 28th January 2010)

**Full Contact details on our
web-site www.anua.co.za**

Specialized Workshops, Events & Training

— **Pre-Booking required.**

— **Detailed info will be sent out covering most of the events closer to the time or you may email thecrew@anua.co.za for further information now.**

The ANUA Crew:

Belvaspata Healing Training and Initiation by Registered Board Members:-

Level 1 and 2 Training & Initiation: - **Saturday & Sunday 27 & 28 March (2 DAYS)**

Cost R1000 pp – includes light lunches and manual

Additional training in Level 1 & Level 2 on **Sat 10 & Sun 11 April @ Shanthi Sanctuary, 2 Eddy Rd Bedfordview, same cost.**

Master Level Training & Initiation: **Saturday & Sunday 05 & 06 June (2 DAYS)**

Cost R1000 pp – includes light lunches, manual & certificate.

Grandmaster Level Training & Initiation: **Saturday & Sunday 11 & 12 September (2 DAYS)**

Cost R1000 pp – includes light lunches; manual and certificate.

Level 1 and 2 Training & Initiation - **Saturday & Sunday 23 & 24 October (2 DAYS)**

Cost R1000 pp – includes light lunches, manual and certificate

Crystal Healing for Beginners: (1 DAY)

Saturday 06 March **9am-4pm**

Cost R 650pp includes lunch, manual, and set of healing crystals

Repeated Saturday 16 October

A Healing Journey with your Inner Shaman: (1 DAY)

Saturday 08 May **3pm-9pm**

Cost R 600pp includes refreshments, facilitation and drum hire

Shamanic Sound Healing Journey - **Saturday 15 May @ Shanthi Sanctuary, No 2 Eddy Rd, Bedfordview 5pm to 8pm** Cost R300 pp including drum hire

Contact Your Spirit Guide Workshop: (1 DAY)

Saturday 29 May 9am-4pm
Cost R 500pp includes lunch, manual.
Repeated Saturday 09 October 9am-4pm
Additional Workshop on **Saturday 12th June** @ Shanthi Sanctuary, No 2 Eddy Rd,
Bedfordview

Tarot for Beginners (1 DAY)

Sunday 04 July 3pm-9pm
Cost R 500pp includes light lunch and manual.

BodyWork SPA Academy Courses in Body Stress Release Treatments and
Holistic Well-Being Treatments:

**all courses presented in a sacred manner and by experienced and passionate
facilitators, well-trained in their art of bodywork health and well-being.
***Certification is provided upon completion of necessary case studies.

Traditional THAI Foot Massage (2 DAYS)
Saturday & Sunday 30 & 31 January 9am-4pm
Cost R1500 pp includes lunch, manual & foot massage kit
Repeated Saturday & Sunday 4 & 5 September 9am-4pm

Kahuna Lomi lomi Nui Temple Massage Level 1 (2 DAYS)
Saturday & Sunday 27 & 28 February 9am-4pm
Cost R2350 pp includes lunch, manual & massage oil

Kahuna Lomi lomi Nui Temple Massage Level 2 (4 DAYS)
Thursday to Sunday 15-19 April in Mozambique (retreat to swim with wild dolphins)
Cost R4500 pps includes manual, massage oil & dolphin swims (food separate)

Kahuna Lomi lomi Nui Temple Massage Level 3 (3 DAYS)
Friday to Sunday 29 -31 October (retreat style – away – venue T B C)
Cost R3250 pps includes manual & massage oil

Traditional Thai Body Massage Level: Intro (1 DAY)
Saturday 20 February 9am-4pm
Cost R850 pp includes lunch and manual
Additional training in Intro to Thai Massage on **Sunday 30th May** @ Shanthi Sanctuary,
No 2 Eddy Rd Bedfordview.

Traditional Thai Body Massage Level: 1 (8 NIGHTS in Total)
Tues & Wed 16 & 17 March 6.30 to 9.30pm
Tues & Wed 23 & 24 March

Tues & Wed 30 & 31 March

Tues & Wed 06 & 07 March

Cost R2350 pp includes refreshments and manual

Traditional Thai Body Massage

Level: 2

(8 NIGHTS in Total)

Tues & Wed 3 & 4 August

6.30 to 9.30pm

Tues & Wed 10 & 11 August

Tues & Wed 17 & 18 August

Tues & Wed 24 & 25 August

Cost R3550 pp includes refreshments and manual

KATAMASI Hot Stone Full Body Massage

(2 DAYS)

Saturday & Sunday 24 & 25 July

9am-4pm

Cost R1500pp includes lunches, manual and massage oil

Set of stones extra cost according to needs

**Dates and Venues still to be confirmed for Sound Meditation Retreat and
Silence Meditation Retreat. Enquiries Welcome in meantime.**

***Payment plans are available on request**

****Credit Card Payments are welcome for all trainings**

*****Deposit of 50% required when booking**

Also available on request: Training Courses in Tok Sen Thai Massage, Asian
Hand Massage, Royal Thai Hot Herbal Poultice Massage, Balinese Massage,
Hot Stone Back and Neck Massage, Rungu African Stick Massage; Kundalini
Crystal Healing Treatment and Bamboo Massage.

[details on www.anua.co.za](http://www.anua.co.za)