

# happiness & its causes

## Himalayan Buddhist Meditation Centre

a city centre for Buddhist study and meditation, established 1982  
keshar mahal marg, thamel, kathmandu

‘dharma and the city’

## Reiki Workshop Level I, II, & III

Advanced booking required

Usui Method of Natural Healing led by Dr. Ranjan Prajapati

Reiki is a gentle, very simple natural hands-on healing method. It re-balances the body and the psyche on all levels. Reiki makes us feel connected to the greater Universe outside of our isolated selves.

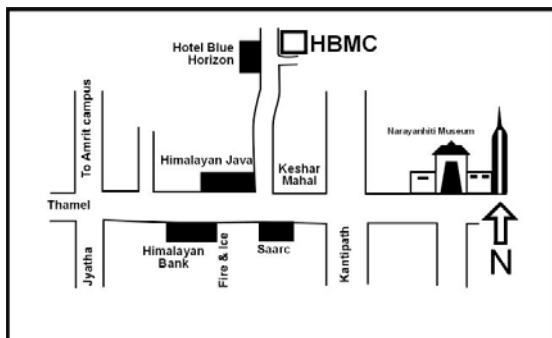
We are the creators of our own health. To learn Reiki makes a material contribution to the willingness to take responsibility for one's healing and well-being, giving ourselves a simple yet powerful way of doing so.

Dr. Ranjan Prajapati is a fully qualified Reiki teacher in the Mikao Usui lineage, with more than 10 years practical experience; he has also an M.D in Alternative Therapy and Electro Homeopathy.

Reiki level I & II from 10.30 am to 2.00 pm for two days

Reiki III (Master level) from 10.30 am to 4.30 pm for two days

Please contact hbmc for rates and booking.



if you are interested in any of our activities, please visit us at HBMC, Keshar Mahal Marg, Thamel, Kathmandu, near the Garden of Dreams, or contact us on **4410402**.

email: **hbmc.programs@gmail.com**

website: **www.fpmt-hbmc.org**

**we are open 7 days a week 8.00 am to 6.00 pm**

HBMC is proudly affiliated with the FPMT international organization, devoted to the transmission of the Mahayana values worldwide through teachings, meditation and community service. [www.fpmt.org](http://www.fpmt.org)