

Usui Reiki Centre Presents:  
**Transformation Workshop**  
With Ellen Rose & John Crundall  
Melbourne December 2023

**DAY 1**

- 1. Welcome & Sharing with Ellen & John .....49:00
- 2. Meditation Into the Temple: The Journey Has Begun.....1:02

**DAY 2**

- 3a. Transformation Discussion .....1:00
- 3b. Brief Meditation followed with 9 Step .....0:42
- 4. Discover your Nightmare (have 9 step completed to proceed especially #5).....3:10

**DAY 3**

- 5a. Build the New Form.....0:36
- 5b. Brief discussion & Final Meditation.....1:52