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	Classes	Time in hours
Reiki	Reiki 1	6
	Reiki 2	6
	Reiki Master	12+
	Animal Reiki	4.5
	Intro to Reiki + Animal	6
	Embodied Reiki	7
Yoga	Akasha Yoga Teacher Training	50
	Yin 1	8
	Yin Trauma + Prenatal	8
	Restorative Yoga	7
	Thai Yoga Massage	15.5
Misc	Meditation + Mindfulness	5.5
	Shinrin Yoku (Forest Therapy)	7
	Sixth Sense Bootcamp	6.5
	Akashic Records 1	6
	Akashic Records 2	6
	Positive Psychology Training	9
Sound	Sound Therapy	5
	Sound Balancing with Tuning Forks	5
Workshops	Vibe Radically Reboot Your Life	3
	Yoga, Sound, Reiki workshop	1.5
	Yoga Assists Workshop	3