RÉQREATION
by Oláh Réka

RÉQREATION ACADEMY

Program Overview



ww.olahreka.com

The training program lasts 6 months and can be started at any time.

On the first day of each month, you will receive access to the RÉQREATION webpage dedicated to that month's training materials. There, you will find video lessons, PDF course materials, practical worksheets, forms, and other supporting resources.

Each month, there will also be a scheduled weekly ZOOM session. If you are unable to attend, the session will be recorded and uploaded to the RÉQREATION Academy Library. The library will continue to grow, giving you access to an increasing collection of recorded sessions.

In addition, you will have access to a private group where you can ask shorter, straightforward questions, and I will personally answer them.
If:

1. You have a more complex question;
2. You would like me to be present during one of your sessions;
3. You have several questions or feel that certain concepts are not yet clear;

You can book a personal consultation at any time, where I will provide individual support and guidance tailored entirely to your needs (50 min- 200 RON).

To give you a complete overview, let's look at the logic behind the RÉQREATION METHOD and how a RÉQREATION consultation works:

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THE RÉQREATION METHOD SYSTEM

THE SYSTEM

01. RELEASE

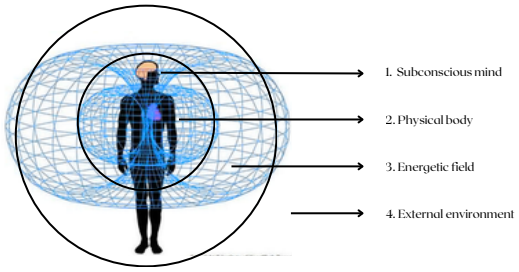
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02. SUPPORT

↓

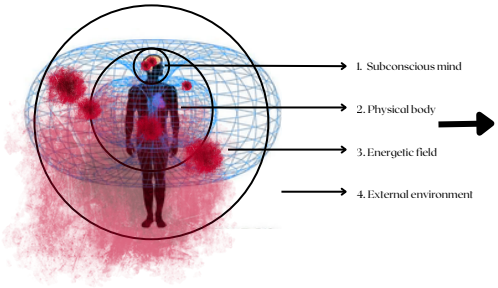
03. OTHER INFORMATION

ON 4 LEVELS

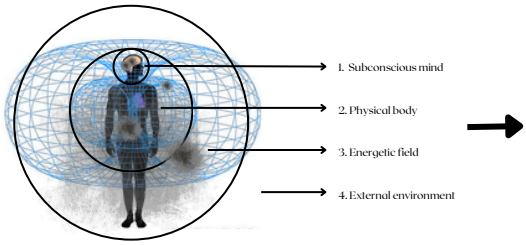


THE PROCESS

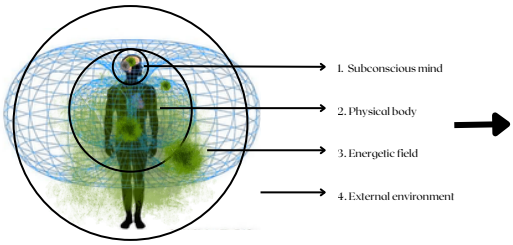
Cause Release



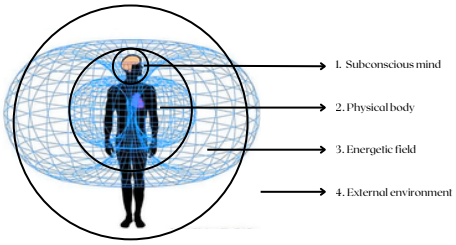
Temporary imbalance
(In certain cases)



\+ Support



= Complete Balance



Academy Program Overview

*The right to make minor adjustments is reserved.

First month

Theory

1. Life Perspective (life choices, parental choice, past lives, life purpose, soul profile, foundational life, the meaning of life, higher guides, Higher Self, angels)
2. The Subconscious and Conscious Mind
3. Kinesiology Testing
4. Testing Errors and How to Correct Them
5. Types of Release 1 (Subconscious Release, Meridian Release)
6. Root Cause Theme
7. Foundational Release and Foundational Life Release
8. RéQreation Pattern Release (RéQreation Release System)
9. Foundational Release and Foundational Life Release DEMO

Practice (the more you practise, the better)

1. Mastering the Testing Technique (practising on another person)
2. Foundational Life Testing (practising on another person)
3. Learning the RéQreation Release System (without Quantum Release, practising on another person)
4. RéQreation Foundational Release and Foundational Life Release (practising on another person)

Live sessions (as needed, online, once a month)

1. RÉQREATION Foundational Release DEMO (video recording)
2. Questions gathered during the first month (50 minutes)

Recommended reading

1. ... (a surprise!)

Second month

Theory

1. Understanding physical and mental illnesses
2. Understanding emotional imbalances
3. Understanding life imbalances, life crises and traumas
4. Chakras
5. Aura
6. Physical body and energy body
7. Foreign souls, parallel lives, parallel dimensions and portals
8. Types of Release 2 (Quantum Release)
9. The scientific background of the RéQreation Method
10. Understanding the effects of releases (understanding and gaining a complete overview of the effects of a full RéQreation Release)
11. The complete RéQreation concept and system (a comprehensive overview and understanding of the entire method)
12. Full RéQreation Release

Practice (can be done at any time; the more you practise, the better)

1. RéQreation Foundational Release (practising on another person)
2. RéQreation Release for illnesses (hereafter referred to as RQ Release, practising on another person)
3. Chakra harmonisation through RQ Release (practising on another person)
4. Aura harmonisation and healing energetic damage using the RQ Method (practising on another person)

Live sessions (as needed, online, once a month)

1. RéQreation Session DEMO (video recording)
2. Questions gathered during the second month (50 minutes)

Recommended reading

- ... (a surprise!)

Third month

Theory

1. Supportive tools
    a. Meditation
    b. Dietary supplements
    c. Nutrition
    d. Movement
    e. Other: sleep and hydration
2. Online sessions and distance sessions
3. Real transformation (My Healing Journey worksheets)

Practice (can be done at any time; the more you practise, the better)

1. Online sessions: in pairs, twice a week for 60 minutes (one Academy member receives a session during the first meeting, and the other during the second)
2. Distance session process challenge

Live sessions (as needed, online, once a month)

1. Questions gathered during the third month (50 minutes)

Recommended reading

1. … (a surprise!)

Fourth month

Theory

1. Common topics
    a. Parents
    b. Children
    c. Non-biological parents
    d. Life, birth and death
    e. Abortion and miscarriage
    f. Self-love
    g. Self-punishment
    h. Self-esteem
    i. DNA transformation
    j. Heart wall
    k. Putting myself first
    l. Letting go
    m. Forgiveness
    n. Relationship dynamics (negative patterns) and games
    o. Limiting beliefs and programmes
    p. Faith in God and spiritual guides
    q. Intuition
    r. Control
    s. Deviant behavioural patterns
2. Additional topics
    a. Trigger programme
    b. Attracting an ideal partner
    c. Pregnancy
    d. When the soul does not want to incarnate
    e. When the soul wants to leave
    f. Departed loved ones
    g. Cleansing spaces, objects, buildings, food and drinks
    h. Working with animals and plants
    i. Release without "permission"
    j. Cleansing and releasing dead cells
    k. My own or someone else's

l. Releasing future events
m. Releasing during and after meditation
n. External negative energy influences coming from others and how to address them
o. Managing secondary symptoms
p. Supporting the body through release work and introducing the vibrational frequencies of dietary supplements
q. Blind spots – could someone else identify something I might be missing?
r. Ongoing process vs. one-time session

3. Self-treatment
4. Treating parents or others through proxy (proxy sessions)
5. Testing the future
6. Goal-oriented release
7. Daily routine release
8. Quick release

Practice (can be done at any time; the more you practise, the better)

1. RéQreation Release – Self-treatment
2. RéQreation Release – Distance Session Process Challenge (continue with the person you selected in Month 3. If you have completed the process, choose a new person. We do not charge a session fee for this practice, as it is an important learning experience for you. However, if the person would genuinely like to show their appreciation with a heartfelt contribution, you are welcome to accept it.)
3. RéQreation Release – Online sessions / In-person sessions (practising with fellow Academy members and people you know)
4. RéQreation Release – Proxy sessions
5. During Month 4, revisit all the topics covered in Months 1 and 2. Test which topics you need to work on, and aim to complete at least 50% of the releases yourself and have at least 50% completed for you by someone else. The goal is to gain practical experience with every topic by the end of Month 4, whether you receive a release on a particular topic or perform a release for someone else in any format.
6. Try Quick Release
7. Start developing your daily release routine
8. Try Goal-oriented Release
9. Try Future Testing

Live sessions (as needed, online, once a month)

1. Questions gathered during the fourth month (50 minutes)

Recommended reading

1. … (a surprise!)

Fifth month

Theory

1. Nutrition consulting
2. RéQreation exercise instruction
3. Creating personalised workout plans
4. Creating personalised RéQreation Lifestyle Plans

Practice (can be done at any time; the more you practise, the better)

1. Nutrition consulting for someone else (e.g. a friend, your partner, parents or siblings)
2. RéQreation exercise sessions – create 5 complete workout routines, each including a warm-up, active section and cool-down. List the following for each exercise:
    a. Exercise name
    b. Description (e.g. raise your arms while exhaling)
    c. Number of repetitions
    d. Duration
3. Attend the monthly RéQreation exercise session on ZOOM
4. Create workout plans in pairs, both for yourself and for someone else (e.g. a friend, your partner, parents or siblings)
5. Create RéQreation Lifestyle Plans in pairs, both for yourself and for someone else (e.g. a friend, your partner, parents or siblings)
6. Practise RéQreation Release in as many different ways as possible, as often as possible, and with as many people as possible

Live sessions (as needed, online, once a month)

1. Questions gathered during the fifth month (50 minutes)

Recommended reading

1. ...

Sixth month

Theory

1. Managing therapy sessions
2. Communicating with clients about the therapy process
3. The secret to your success
4. Online and offline brand building (how to get started and how to grow your brand)
5. RéQreation session formats and pricing
6. Maintaining balance

Practice (can be done at any time; the more you practise, the better)

1. Nutrition consulting for someone else (e.g. a friend, your partner, parents or siblings)
2. Leading RéQreation exercise sessions
3. Attending the monthly RéQreation exercise session on ZOOM
4. Creating workout plans in pairs, both for yourself and for someone else (e.g. a friend, your partner, parents or siblings)
5. Creating RéQreation Lifestyle Plans in pairs, both for yourself and for someone else (e.g. a friend, your partner, parents or siblings)
6. Practising RéQreation Release in as many different ways as possible, as often as possible, and with as many people as possible
7. Building your brand
8. Brand manifestation exercises
9. Getting started on social media (present your work to your mentor)
10. Creating one offline brand-building tool (present it to your mentor)

Live sessions (as needed, online, once a month)

1. Questions gathered during the sixth month (50 minutes)

Recommended reading

1. ...

If you would like to become an officially certified RÉQREATION Coach, you will have the opportunity to take the Coach Exam after completing the 6-month Academy. You can take it immediately after the programme or within a maximum of 6 months after completing the sixth month.
The exam is designed to help you gain the confidence and competence to carry out your work with ease, joy and self-assurance.
Remember, I am not the strict teacher here. I am someone who genuinely wants the very best for your life, too! Someone who is here to help you bring out the very best version of yourself.
Upon successfully passing the exam, you will become part of the RÉQREATION Team! Your profile will be listed on my website, where clients will be able to book sessions with you. In the long run, I will also be referring clients to you.
Here's a little preview of what's waiting for you! :)

RÉQREATION team



Réka Oláh
Oradea (Romania),
online



Emily Johnson
London
(United Kingdom)



Sarah Miller
Dortmund (Germany),
online



Grace Taylor
online



András Molnár
Oradea (Romania)



James Anderson
Krakow (Poland),
online

RÉQREATION

by Oláh Réka

First cohort

Launched on September 15, 2025.

Now available to start anytime!

How to apply:

Via WhatsApp

+40 756 097 030

With love,

Réka