

REIKI LEVEL I TRAINING

***REDUCE STRESS BY REBALANCING YOUR ENERGY
PARTICIPATE IN YOUR OWN HEALING***

WHAT IS REIKI?

Reiki is a technique used to promote relaxation, stress reduction and healing. It is a simple system that can be learned by anyone. Reiki is a wonderful gift for self-healing or to help friends and family relax and begin their healing process.

ARE THERE ANY PREREQUISITES?

The only prerequisite for Level I Reiki training is an open mind, an open heart and a willingness to learn and explore.

WHAT IS INCLUDED IN THE LEVEL I TRAINING?

Reiki Defined

History of Reiki

Practical Applications

Level I Attunement

Hand Positions for Self-Treatment

Hand Positions for Treating Others

Hands-On Practice

Guidelines for Practicing Reiki

Grounding Meditations

Gassho Meditation Technique

Kenyoku (Breaking the Reiki Flow)

Hatsurei-Ho (Enhancing your Reiki Channel)

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## **CALL OR EMAIL FOR UPCOMING CLASS DATES**

**DATE:** As scheduled

**TIME:** 9:30 a.m. – 5:30 p.m. (1 ½ hour lunch and two 10-minute breaks)

**LOCATION:** Delaware, OH

**COST:** \$125 per person (Reiki I and II Manual included)

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