



## REIKI LEVEL I TRAINING

*Reiki is a technique used to promote relaxation, stress reduction, healing and wellness. It is a simple method that can be learned by anyone in one day.*

### **REIKI LEVEL I TRAINING INCLUDES:**

*Reiki Defined  
History of Reiki  
Practical Applications*

*Level I Attunement*

*Hand Positions for Self-Treatment  
Hand Positions for Treating Others  
Practicing Hands On*

*Guidelines for Practicing Reiki*

*Grounding Meditations ~ Gassho Meditation Technique  
Kenyoku (Breaking the Reiki Flow)  
Hatsurei-Ho (Enhancing your Reiki Channel)*

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**CLASS DETAILS**

**LOCATION:** **Acupuncture & More, LLC**  
McAuliffe Bros. Center, 232 N. Main St., Ste 1B, Marysville, OH 43040

**COST:** \$125.00/person (includes Reiki Level I & II manual)  
Couples discount (married couples or domestic partners): \$115.00/person (includes one manual)

**CONTACT:** Polly Morgan, Reiki Master/Trainer  
Acupuncture & More, LLC  
polly@acupunctureandmore.com

**PHONE:** 937/707-9953  
614/579-7550

**REGISTRATION:** Call or email to express your interest. *Prepayment is required by Monday, September 19th to confirm your attendance.* Mail your check to: *Polly Morgan, Acupuncture & More, LLC, 232 N. Main St., Suite 1B, Marysville, OH 43040*

***Give Yourself & Your Loved Ones the Gift of Reiki Healing Energy  
Reserve your spot today!***