

### What to expect...

#### **First Degree Reiki**

In this class, students will be attuned to the Reiki energy. Emphasis is placed on learning the hand positions for self-healing and the healing of others. Topics covered include the history of Reiki, ethical practices of Reiki, the chakra system, illness from an energetic perspective, the Five Reiki Principles, the 3 Pillars of Reiki and how to energetically scan the body. This class starts at 9:00am and ends at 5:00pm. Class size is kept small to allow for lots of hands-on practice time. Upon completion of the training, students will be able to provide Reiki healing for self and others. This is a fun-filled day with abundant hands-on practice.

The Course fee includes a manual and an official certificate.

#### **Second Degree Reiki**

In this class, students will be attuned to the Reiki Level 2 energy. Students will be introduced to the Usui Level II symbols and will learn how to integrate these symbols into each Reiki session. Contents of this class include learning to heal unwanted habits, several techniques to send Reiki at a distance, Gassho meditation, empowering goals for manifestation and personal empowerment. This class starts at 9:00am and ends at 5:00pm. Class size is kept small to allow for lots of hands-on practice time.

#### **Prerequisite: Reiki Level 1**

The Course fee includes a manual and an official certificate.

#### **Reiki Master Class**

This is a 2-day class in which students receive the Reiki Master attunement. Students will learn how to attune others to Reiki. There will be an in depth discussion on how to perform these attunements, how to contract the Hui Yin point and how to perform the Reiki Breath. Students will also learn how to incorporate spirituality in their everyday life and the responsibility of becoming a Reiki Master. Included in the course is the Reiki Master manual. Day one starts at 9:00am and ends at 5:00pm. Day two starts at 9:00am and ends at 3:00pm. Class size is kept small to allow for lots of hands-on practice time. Before registering for this class, a short interview process will be conducted with each student in order to determine the educational path for the student wishing to become a Reiki Master.

#### **Prerequisite: Reiki Level 1 and 2.**

The course fee includes a manual and an official certificate.