

Workshop: Reiki I Initiation

4 hours course, includes certificate and manual

Fee \$113 per person (tax included)

Course outline

- Reiki's history including the story of Mikao Usui (the founder of Reiki); The history and meaning of the 5 Reiki Principles;
- What is Reiki - The word defined and the practice explained;
- The pillars of Reiki - Gassho, Reiji-ho, Chiryō; The concept of Byosen (scanning) and Beaming;
- The attunement process - how it works and what it means;
- Attunement
- Practice self healing*
*discussion and demo on the healing others...family and friends. The manual would show hand positions but there would not be sufficient time to practice on others. This would be discussed as something to learn at home.

Workshop: Our Magnificent Energy Body and Introduction to Reiki

2 hour workshop, handouts

Fee \$28.25 per person (tax included)

Our Magnificent Energy Body- Presented through meditation and guided exercises

- Chakra System
- How to strengthen
- How to balance

Introduction to Reiki –

- history
- what is Reiki, how it works
- benefits