



Reiki Level I Training

REIKI LEVEL 1 | Shoden

Description

In this workshop, you will be introduced to Reiki and learn the basics of this healing modality. You will receive the Reiki Level I manual, attunement into Reiki Level I, as well as a certification of completion at the end of the class. No prior experience or knowledge of Reiki is required.

What You Will Learn In Reiki Level I

- What is Reiki?
- How Does it Work?
- Benefits of Reiki
- Usui Reiki Lineage
- Reiki Precepts
- Different Reiki Levels
- What are Attunements?
- In-Depth Study of the Chakras
- Chakras and Auras
- Aura Cleansing
- Protecting Your Energy
- Feeling and Sensing Energy
- Hand Positions to Use on Clients (Massage Table)
- Hand Positions to Use on Clients (Chair)
- Hand Positions for Self-Treatment
- How to Centre and Ground Yourself
- Gassho Meditation
- Other tools and Techniques
- Reiki Code of Ethics

COST: Reiki Level I Fee: \$200.00 + HST

Date: October 23rd, 2021

Time: 9:30am-5:30pm