



Reiki Level 1

The class fee includes a 176 page textbook written by William Lee Rand, founder of the International Center for Reiki Training. This textbook covers both Reiki Level I and Level II.

Reiki I is taught in an 8 hour session that is equally divided between instruction and hands-on practice. During Reiki I training, the student will be given an attunement to properly adjust their chakras and energy pathways to link them to the Reiki source and accommodate their ability to channel Reiki's healing energy to heal themselves and others.

Topic covered in the classroom portion of the training include:

- What is Reiki?
- What are the different levels of Reiki?
- What is an attunement and how does it work?
- How does Reiki work?
- What can Reiki be used for?
- The History of Reiki
- Additional Japanese Reiki Techniques:
 - Gassho Meditation
 - Byosen Scanning
 - Kenyoku
- The Hayashi Healing Guide
- The Reiki Hand Positions for treatment of others
- The Reiki Hand positions for self-treatment
- What supplies or equipment do I need to get started?

The remainder of the Reiki I training class is spent in hands-on practice treating other students. Massage tables will be set up in the classroom and the instructors will demonstrate techniques and provide coaching and advice to facilitate the student acquiring the necessary comfort level to start work as a Reiki practitioner.

At the conclusion of the class, the student will be given a personalized certificate documenting their completion of the necessary training and providing evidence of their certification as a Reiki Level I practitioner.

REIKI LEVEL 1 FEE - **\$175.00** which includes the cost of the book and materials for class. If going onto REIKI II, this book will also be used in REIKI II Class. (\$75.00 NON-Refundable deposit due to hold your space). Balance due on class day.

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