

REIKI LEVELS I & II

12 hour intensive class (in person or via Zoom)

Limited to 12 students to allow time for discussion & practice.

There is no pre-requisite for Reiki Level I & 2.

DAY 1 (6 HRS): REIKI LEVEL I - BEGIN WITHIN (SELF CARE)

- REIKI - WHAT IS IT?
- HISTORY & BACKGROUND OF USUI REIKI & REIKI IDEALS
- HOW TO CREATE TIME & SACRED SPACE FOR SELF-REIKI
- REIKI BENEFITS & APPLICATIONS
- ENERGY CENTER BALANCING & CLEARING MEDITATIONS
- INSTRUCTION & PRACTICE (SELF-REIKI)

DAY 2 (6 HOURS): REIKI LEVEL II - SERVING OTHERS

- THREE LEVEL 2 SYMBOLS WITH FULL INSTRUCTIONS & APPLICATIONS
- ADDITIONAL TECHNIQUES TO OFFER REIKI AS A RELAXATION & HEALING TREATMENT
- HOW TO SHARE DISTANCE REIKI WITH OTHERS
- CREATING A REIKI PRACTICE - FORMS AND DOCUMENTATION
- INSTRUCTION AND PRACTICE ON OTHERS (WITH REIKI SYMBOLS)
 - **NOTE:** YOU WILL NEED A REIKI "RECIPIENT" DURING DAY 2

WHILE PRACTICE TAKES PLACE DURING CLASS, IT IS EXPECTED THAT YOU SET ASIDE AN HOUR DAILY FOR SELF-PRACTICE (AT LEAST 21 CONSECUTIVE DAYS) TO FULLY INTEGRATE THE ENERGIES. ALSO PRACTICING REIKI ON OTHERS (ONE EVENING/WEEK FOR SEVERAL WEEKS) WILL ASSIST YOU IN GAINING EXPERIENCE AND CONFIDENCE TO FULLY UTILIZE THE REIKI TRAINING AND YOUR INVESTMENT.

INVESTMENT: \$333

(INCLUDES 170 PAGE MANUAL + CERTIFICATE)

* INVITE A FRIEND AND RECEIVE \$33 OFF

BARBARA HUDAK, MS, BSN, RN

7th generation Usui Reiki Master-Teacher; HeartMath® Certified Master Trainer and Coach/Mentor. Registered Nurse with 35 years experience, 12 years on active duty in the U.S. Air Force and 14 years at Mayo Clinic where she served as a catalyst to introduce Integrative Therapies to staff and patients.

