

REIKI Level I & II

This 2-day intensive class offers Levels I and II (First and Second Degree). Our classroom setting is small, informal and interactive with plenty of time for discussion and practice with the Reiki energy healing techniques.

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

Day 1: Reiki Level I – Begin Within

Level I focuses on self care as all true healing begins *within*. Students learn:

- Reiki – what is it?
- History and background of Usui Reiki Ryoho and the Reiki Ideals
- How to create time and sacred space for self-Reiki
- Reiki benefits and applications
- Energy center balancing and clearing meditations
- Instruction and practice - how to perform Reiki on yourself

Day 2: Reiki Level II – Serving Others

Level II offers upleveled energies to support self or others. Students learn:

- Three Level 2 symbols with full instructions and applications
- Additional techniques to offer Reiki as a relaxation and healing treatment
- How to share distance Reiki with others
- Creating a Reiki practice - forms and documentation
- Instruction and practice on others (with Reiki Symbols)

While practice takes place during class, it is expected that you will set aside an hour each day for self-practice (for at least 21 days) to fully integrate the Level I energies. In addition, 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: \$288 (includes 170 page manual + certificate)

Contact: barb@heartfulintegrations.com to schedule your class.

* Invite a friend and receive \$25 off of your investment.



BARBARA HUDAK, MS, BSN, RN

7th generation Usui Reiki Master-Teacher; HeartMath® Certified Senior Global Trainer and Coach/Mentor. Barbara is a 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.

www.heartfulintegrations.com