

# Reiki Workshop Information

Reiki workshops are approved by the UK Reiki Federation and comply with the National Occupational Standards (NOS) for Reiki and the Reiki Core Curriculum of the Reiki Council. Verification no: 2012-1016P.

The attunements and style of teaching are those of Usui Ryoho Reiki Jin-Kei-Do, also known as Usui-Shin-Kai (Core Teachings of Usui) – Traditional Usui Reiki in the lineage of Venerable Seiji Takamori and do not include any 'New Age' additions.

## Reiki 1<sup>st</sup> Degree

The 1<sup>st</sup> Degree Reiki Workshop takes place over two days and is given the Japanese name of Shoden, (meaning "Elementary/Entry Teachings"). You will learn the basic theories and procedures. Attunements are given to the student by the teacher which allows you to treat yourself and others.

### Training includes:-

- First Degree Reiki attunements
- Exploration of Reiki history
- How Reiki works and its many uses
- Study of the traditional Reiki hand positions
- Instructions for treatments of yourself, others and animals
- Guided visualisations and meditation
- Reiki practice
- Comprehensive notes accompany this workshop

Whilst the training is given intensively over two days, you are encouraged to devote time daily for the following three weeks for self-practice. This instigates a personal growth process through experience and the development of understanding/awareness. By applying the training for yourself and others, personal insight develops, thus fully utilising the connection to the energy made during the initial training. Keeping a personal journal of thoughts/impressions can be helpful in this self-exploration and practice.

A feedback report (worksheet/homework) is requested from you and when returned to your tutor your certificate is issued. After your supervised training, I am happy to offer support in your practice, to keep in touch by phone, email, letter or personal meeting and will endeavour to answer your questions in the months following your 1<sup>st</sup> Degree workshop.

Workshop Fee/Personal Investment    £110.00                      Deposit £25 (non-refundable)

Balance due at least two weeks prior to the workshop date by cheque, BACS or cash on the first day of training also accepted.