

## Reiki 1 course

This following programme is flexible and will be adjusted according to students' needs. A study pack will be sent by email prior to the course incorporating the history and development of reiki. This is so that you will have some understanding of reiki and we will then be able to spend more time on the practical side.

The Reiki 1 course is held over one day and will cover the following:

- Introductions
- Reiju spiritual empowerment (first of four attunements to Reiki)
- Overview of what Reiki is, benefits, uses, history and development
- Reiki Principles
- meditation
- Reiju spiritual empowerment (second attunement)
- Introduction to Chakras (what they are)
  - energy channels - Simple exercises to feel your energy and that of other people
  - Energy exercises: Learn the Japanese 'Hatsu Rei Ho' technique
  - Reiju spiritual empowerment (third attunement)
- Hand Positions for self treatment (demonstration and Practice)
  - Reiju spiritual empowerment (fourth attunement)
- Treatment of others (demonstration and practice)
- Questions and Answers