REIKI LEVEL I CERTIFICATION

Instructor: Diane DelPiano R.N., Reiki Master/Teacher

Reiki (ray-key) is an ancient Japanese healing technique that has been used for centuries for stress reduction, relaxation, and healing. The word Reiki means universal life force energy; the energy found in and around all living things. The aim of this healing energy is to balance all levels of being: physical, mental, emotional and spiritual as well as enhance the natural power of the body to balance and heal itself. It is utilized by individuals for both personal use and for the facilitation of others.

Classes are a combination of lecture, discussion, attunement and practice. Participants should wear comfortable clothing.
You will receive…

- Reiki I class manual
- Introduction and definition of Reiki
- The Reiki Principles
- Thorough instruction about the history, uses and practice of Reiki healing
- Information about the chakra system – their function in regard to healing work and everyday life
- The Reiki sacred symbol:
- Its name, meaning, and use; practice drawing the symbols
- Reiki Level initiation into the energy (attunement) in which Reiki becomes activated in the hands and energy field
- The process of giving a Reiki treatment
- Hand positions of Reiki for self-healing and healing others
- Hands-on practice: Giving and receiving Reiki healing sessions
- Certification as a Reiki I practitioner

Saturday, Feb. 15th 1-4 pm
$125.00
(includes all materials)

Pre-Registration Is Required.

Phone 315.704.0319 / email mah@TheCenter4Wellness.com

Online Registration At:
www.TheCenter4Wellness.com