



Reiki self-treatment

Traditional Therapy Training

Workshop - 1 day

Pre requisites: None

Price: £280 per day (maximum 4 learners attending)

Booking is secured on completion of application form and on receipt of deposit.

Learner profiles for each person attending should be completed at time of booking



Learn the power of Reiki for inner calm and wellbeing. This session will unlock your connection to Reiki universal energy, introduce you to the Usui system and provide you with the skills to practise Reiki for self -support.

Theories:

- History of Usui Reiki
- Subtle anatomy
- Gasho meditation for self-care.
- Attunement to level 1
- Hand positions for self-treatment.
- Safety surrounding Reiki treatment
- Potential outcomes of a Reiki treatment

Outcome:

By the end of the session you will be able to carry out Reiki self- treatment for your personal well-being.

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www.elementalhealth.net