

**Reiki First Degree (level 1)**

**Workshop**

This certified course teaches the traditional Usui Reiki method of healing. Reiki (ray-key) is an ancient natural healing technique which channels universal life force energy (spiritual energy) into the recipient. Reiki can help relieve stress and promote relaxation, improve health and enhance quality of life. It is gentle yet stimulates the body to cure itself at the cause of the problem, promoting a holistic balancing of mind, body and spirit. Reiki re-activates the body’s natural ability to heal itself and re-opens our spiritual connection & intuition.

Reiki energy heals by flowing through the affected parts our body, Chakras and Aura and fills them with positive energy. It raises the vibratory level of energy in us. This causes any negative energy to fall away and dissipate. Reiki clears and heals the Chakras and promotes energy flow in us so that our life force energy flows in a healthy way. It accelerates the body’s ability to heal physical ailments and opens the mind and spirit to the underlying reasons of disease, pain, discomfort and blockages. Reiki has many health benefits for us to enjoy. Here are just a few examples:

* Relieving pain & discomfort of chronic diseases, everyday ailments (Colds, Headaches, cuts, burns, stomach upset etc)
* Replenishes depleted energy, reduces stress & tension
* Removes all toxins from the body
* Brings about positive feelings about ourselves and balanced wellness

In this course you will receive a workshop manual, an attunement to the Reiki energy (done under guided meditation), connect with your Reiki Spirit Guides and receive formal Certification upon completion. This 1 day workshop will cover the history of Reiki, Reiki hand positions, Chakra Clearing with Reiki, channeling energy and much more.

This workshop is limited to just 10 spaces to ensure that each of you receive individual support and attention on the day. **Please note Reiki level 1 does not allow you to practice professionally.**  This is attained at level 2 (I will be returning to teach level 2 a few weeks after this course).

Where: Werribee Mansion function rooms, Werribee

 When: Saturday 4th February 2012 9.30am – 4.30pm

 Cost: $165 per person (a $50 non-refundable deposit will be required to secure your place)