

REIKI LEVEL I TRAINING

The Reiki Level I course is a full day of training that introduces the student to the principles of Reiki and teaches the true power of Reiki. You will learn how it can be applied to your own personal lives as well as the excellent benefits when treating a client during sessions. The course is a hands-on intense approach allowing the student to experience the power of Reiki themselves and how to treat others. The course will focus on the following:

- The history of Reiki
- The 5 Reiki Principles
- How to feel and use Reiki energy
- How to protect yourself and your energy field
- The importance of grounding and how to ground yourself
- The power of Meditation
- The Reiki hand positions
- How to perform Reiki on yourself
- Performing Reiki on others
- Learn about auras and chakras
- Reiki Attunements
- Intake forms
- Reiki Shares

The course follows the guidelines established by the Canadian Reiki association. Upon completion the student will be provided with a Reiki Level I certificate, recognised by the Canadian Reiki Association.