

# Reiki I First Degree



## Course Information and outline:

This two day course is based around the Reiki Attunement, which opens you to Reiki energy, allowing you to channel Reiki for the rest of your life. It also creates the path for further Attunements if you wish to progress further with Reiki.

Upon completion of the course you will be able to use Reiki for your own self healing, and your own personal and spiritual development. You can give Reiki to friends, family, pets, babies and to the womb of unborn babies. Reiki is a wonderful tool for manifesting your goals and increasing your confidence. An attunement to Reiki at this level allows you to use it to connect more deeply with your inner strength. There are a variety of ways to use this energy in your daily life.

Reiki is the most wonderful healing tool for dealing with stress, anxiety and to create deep healing on all levels.

**All courses are Accredited with the I.P.T.I (Independent Professional Therapists International)**

## The Course Covers:

- History of Reiki
- Meditation & Attunement
- Working on others
- Self Treatments
- Hand Positions
- The Chakra System
- The effects and uses of Reiki
- The effects of the attunement and the cleansing period

## Each Student will receive:

- Reiki Manual (including all hand positions)
- The 1<sup>st</sup> degree Certificate
- Continuous Support and use of Reiki share group

**Location and Costs:**

I prefer to teach Reiki over a weekend as I feel it gives each student the time and space needed to process the Reiki energy. The total cost of the weekend is £185. Classes are held at The Treatment Room, Inverurie or in Westhill, Aberdeenshire. The course will run from 10am to 4pm each day.

Course fees may be paid in instalments by arrangement.

**Booking:**

To book this course please fill in the [booking form](#) and return it to Katrina, email [katrina-678@hotmail.co.uk](mailto:katrina-678@hotmail.co.uk), or phone 07969 697527. If you have any questions, please contact Katrina for more information.

With love, with light,  
Katrina