

REIKI I CLASS DESCRIPTION



Reiki, pronounced Ray-key, is considered a hands-on-healing energy modality. Rei (ray) meaning light and ki (key) meaning life force energy. It is a healing energy that is present and available within every living creature. It is something we all have available to us at any given moment.

Reiki training helps us to become conscious of our innate ability to channel this energy from the universe, through our hands, and affect change in another and ourselves on the physical, mental, emotional and spiritual levels.

Reiki is not a religion as it is far older than any religious organization. Reiki is simply the birthright of all living creatures.

Reiki I involves discussion of the history of Reiki, self healing hand positions and the first attunement given to strengthen and bring to consciousness the ability we all possess to help ourselves and all other beings. We will also practice hand positions on each other.

Reiki II involves more in-depth study of Reiki, working with others and another attunement. Reiki III is the Master Teacher level and moves even more intensely into the nature of a Reiki healer. The Reiki Master is given the information necessary to teach and give attunements.

Reiki Master Teacher: Pam Booras, RMT, IARP
Cost for the Reiki I class is \$125.
Class will be on February 25, 2012
10:30am to 6:30pm at BLOOM! Yoga, Ottawa, IL
See BLOOM! Website to sign up with PayPal

bloomyogastudio.net

Feel free to call Pam with any questions at 815.433.5433