

Sample Program

Reiki first degree



DAY ONE: 11AM-4PM

11am (Official Start Time): Meditation, open circle with introductions and logistics, and an overview of the Reiki Level One Course

12 pm: Reiki Wisdom Teachings: What is Reiki, Origins of Reiki Healing,

1pm: Reiki practice exchange (how to step to the table, how to attune to the clients energy body, how to start a treatment)

1.30pm Lunch Break

2pm: Reiki Wisdom Teachings: Hand Positions (self and others)

3pm: Energy tools

4pm: Attunement & Reiki practice exchange

5pm: closing circle

DAY TWO: 11am-4pm

Open circle with review, reflections and questions

Reiki Wisdom Teachings

Reiki practice exchange

Close circle and Certificates

7 DAY AT-HOME ENERGY PRACTICE

After the first weekend, all students will be provided a guide to cultivate their own daily energy practice with Reiki.

Ideally this is practiced every day over 7 days, followed by journalling.