

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.

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You will learn:

What is Reiki and how Reiki works and its impacts.

Reiki's history, how it came to the west and the modalities it can be combined with.

Techniques and tools for grounding, unblocking, and charging yourself with magnificent Ki energy.

Helpful tools and techniques on how to prepare ourselves as a channel of energy.

The Reiki attunement which opens you up to be able to channel reiki energy.

How to give Reiki Self Treatment and to loved ones.

Certificate and practice time post attunement.

Opportunity to continue to practice and apply what you have learned in a healing and supportive environment.

Reiki Gatherings and Yin & Assisting in Reiki classes at Yogatime.

Includes:

Detailed book course manual

Healthy snacks & herbal tea (lunch not included)

Practice time post attunement

Certification

Connecting to a wonderful authentic vibrant community