



**SATURDAY
JANUARY 23, 2016
11:00 AM - 5:30 PM**

**FEE - \$140
(INCLUDES LUNCH & MATERIALS)**

LEARN REIKI

Learn the gift of healing by channeling universal life force energy in your hands. Ki - is the energy that flows within us and causes us to be alive. **IT IS VITAL TO OUR HEALTH!** When it is low or stagnant, we tend to feel stressed and become sick more easily.

REIKI LEVEL I CLASS

The first degree (Level I) focuses on the physical healing and self healing. This class teaches the history of Reiki and how it is used today. You will learn the hand positions used to treat yourself and others, followed by hands-on practice. You will receive a Level I Reiki attunement and a Reiki Level I Practitioner Certification.

As an affiliate member of the International Center for Reiki Training (ICRT), the lesson plan is from "Reiki The Healing Touch - First & Second Degree Manual" by William Lee Rand.

REGISTRATION

Lunch provided - please advise at time of registration of any food allergies or dietary requirements.

**REGISTER BY:
JANUARY 18TH**



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Classes held at:
Natural Health & Wellness Center
252 East 6th Street, Frederick, MD 21701