



# ~ Reiki ~ Level 1 Class Certification

## ~Reiki Usui System~

Level 1 is an experiential hands on course in which you have the opportunity to discover a deeper, quieter, more intuitive part of yourself. The Reiki Level 1 attunement will also open your body and energy field to allow a higher vibration and a higher flow of energy.

Lisa Ellis  
Certified Master Reiki/Teacher  
NGH Hypnotherapist  
Energy Healer  
Life Skills Coach

### *You will learn the following:*

- ✓ What is Reiki
- ✓ The History of Reiki
- ✓ The Reiki Principles
- ✓ The standard Reiki hand positions
- ✓ How to perform a Reiki Self Treatment
- ✓ How to perform a full Reiki Treatment on another person
- ✓ CD for your Reiki Session

### *Provided for you are the following:*

- ✓ Certificate of Completion
- ✓ Reiki Level 1 Attunement
  - ✓ Manual
- ✓ A safe, supportive environment
  - ✓ Small class size
- ✓ Ongoing mentorship is available



**Cost:** \$220.00 tx inc. **Location:** Boost Your Health Wellness Center- Lowbanks, On

**Date:** October 24<sup>th</sup> **Time:** 9:00am- 5:00pm - *Pre-registration only, SEATS are limited*