



8606 155th Road * Live Oak * FL 32060
727-408-4993
MA88690

Tips for Hosting a Successful Reiki Workshop

Hosting a Reiki workshop is a wonderful way to bring Reiki practitioners together for learning, healing, and connection. Here are some helpful tips to ensure everything runs smoothly and creates a memorable experience for your group.

1. Choose the Right Space

Select a quiet, comfortable space large enough to accommodate all participants. Ideally, the space should have:

- Ample room for seating and hands-on practice.

- Restroom access.

- Kitchen or fridge space for refreshments or lunches, depending on workshop timeframe.

- A private area for meditative exercises, if possible.

2. Set the Workshop Content:

Understand the Content: When scheduling your workshop, discuss the topics and format in detail with your Reiki instructor. Whether it's a beginner-friendly session or advanced techniques, ensure the content aligns with your group's needs and interests.

Clarify Instructor Offerings: Ask questions to fully understand what the instructor will provide, such as handouts, materials, or follow-up resources. Make sure all your questions are addressed during the planning phase.

Written Quote: Your instructor will provide a written quote outlining the workshop's content, costs, and payment terms. This ensures clarity and avoids surprises.

3. Set The Atmosphere

Seating options for all, including chairs, couches, floor pillows, etc.

Setting enhancements are a nice touch, such as soft lighting, calming music, or simple décor like plants or candles.

Clear the space in a way that is usual for you – i.e., sage, sound, filling the room with Reiki energy.

Provide a table for workshop materials like handouts, pens, and any props.

4. Communicate with Your Guests

Let attendees know what to bring (e.g., notebooks, water bottles, mats, tables).

Encourage participants to dress comfortably and in layers to adjust for room temperature.

Send a reminder email or message with workshop details a day or two before.

5. Plan for Breaks

Allow time for short breaks during longer workshops to help participants stay energized.

Provide light snacks and refreshments or encourage guests to bring their own.

6. Facilitate a Welcoming Environment

Greet participants as they arrive to help them feel at ease.

Set an intention for the workshop and invite attendees to share their goals or expectations.

7. Prepare for Questions

Encourage an open dialogue during and after the session for questions and reflections.

Have a designated space for note-taking or providing feedback.

8. Keep It Organized

Coordinate logistics with your Reiki instructor to ensure everything is aligned.

Confirm start and end times, so everyone knows the schedule.

9. Encourage Networking

Create opportunities for attendees to connect, such as sharing contact information, group photos, or forming study groups.

Ready to Host?

Reach out to me to discuss your group's needs and preferences. Together, we'll create a customized workshop that's enriching and unforgettable!

Sharing from the heart,

Julie

Julie Mossburg, LMT RMT

Silent Harmony, LLC

Live Oak, FL 32060

Phone: 727-408-4993

Email: julie@juliemossburg.com

Website: www.SilentHarmonyLLC.com

Facebook: www.Facebook.com/SilentHarmonyLLC

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