

Reiki Level 1 Class Information

How long does it take to learn Reiki Level 1?

First degree is taught over 8 hours, all depends on class size and pace of the group. This class prepares students to give themselves daily Reiki for life.

- **Reiki Level 1 Cost:** \$175.00 (in-person only) - I will send payment information or can take payment over the phone.
- **Reiki Level 1 Class Duration:** 8 hours (Lunch & Snacks Provided) - Special dietary needs, we got you covered. Let me know during the interview process and we will be sure to provide meal that meets your dietary needs.
- **Reiki Level 1 Location:** In person in Sewanee, TN area. I will send you the class location after the interview process.

What do I need to bring?

Although nothing is required, we do recommend the following

1. Meditation pillow or pillow that can be placed on the floor.
2. Water, or something to drink. Staying hydrated is important
3. Favorite pen or pencil
4. Favorite notebook

What will be provided?

We know you will have a lot on your mind during your first class. We ask that you to rest assured that we got you covered. We will have everything you need for the class.

1. Reiki 1 Manual & Workbook
2. 21 Day Reiki Journal
3. Reiki Lineage (our family tree)
4. Reiki Healer Cards
5. Healer Stone
6. Lunch & Snacks
7. Accredited certificate (First Degree Reiki Certificate)

8. And more...

Reiki Level I Course Objectives

The Reiki First Degree Level 1 course is conducted over 1 day and covers the following:

1. Introduction to Reiki
2. The story of Reiki
3. Basics of Charaka
4. The Reiki Principles
5. Reiki Attunement
6. Process Self treatment
7. Hand Positions for treatment of others
8. After attunement, time permitting, we practice Reiki, first on yourselves then others.
9. Practical sessions on giving and receiving Reiki
10. How to conduct a Reiki session
11. Introduction to metaphysics
12. Reiki Code of practice and insurance for therapists

Level 1 is a practitioner's initiation into reiki and is open to anyone. The focus during Level 1 is on opening the energy channels on a physical level, allowing the practitioner to connect to the universal life force energy. We look forward to speaking with you soon.