

# Reiki 1 Class

## WHAT IS REIKI?

Reiki means Universal Life Energy; it is the energy that flows through all living things. Reiki practitioners learn to connect to this unlimited energy and to transmit it through their hands to themselves and others, **creating the space for improved health and enhanced well-being**. Reiki is easy to learn and is safe, simple, and effective. Reiki's efficacy has been proven by scientific double-blind studies, and it is often used in hospitals and other health-care facilities with success.

## WHO CAN ATTEND?

- Licensed massage therapists, nurses, and others who want to learn powerful yet gentle method of energy work that brings profound peace and healing to the mental, physical, and emotional body.
- Prerequisites: none, except an interest in learning
- 8 CE hours for massage therapists.

## WHAT IS INCLUDED?

- Basic history of Reiki and chakra theory
- Instruction and practice in the Reiki hand positions, self-treatments, and sharing Reiki with others.
- Reiki I manual
- Attunement to Reiki I
- Ethics of Reiki
- Lots of practice

## THE INSTRUCTOR:



Suzanne H. Eller, LMBT # 7619, is an Usui and Karuna Reiki Master and a nationally certified and NC licensed massage and bodywork therapist practicing at Body Balance II where she is adept in several different modalities, including deep tissue massage, Craniosacral Therapy, Touch for Health, and Reiki. She is a retired Catawba County Schools educator.

## Reiki, Level One Class

When: Saturday, May 14

Time: 9:00 AM - 6:00 PM

Where: Wepner Wellness Center, 2301 St Paul's Church Rd, Newton, NC 28658

Cost: \$150.00 (\$50 deposit by April 30); \$200 after April 30 (or \$175 if student has manual)

Call or Email for Questions and Application

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