

Overview – Reiki I Certification
Using Reiki in Human Service Practice

9:00 – 9:15 – What is Reiki? History and definitions

9:15 – 9:30 – Demonstration of Reiki

9:30 – 9:45 – Research on Reiki – effects upon health and emotions

9:45 – 10:15 – Chakra system and relationship to Reiki

10:15 – 10:30 – Demonstration of Reiki use on balancing Chakras

10:30 – 10:45 – break

10:45 – 11:15– Attunements

11:15 – 12:00 – Reiki for self-healing – practice session

12:00 – 1:00 – lunch

1:00 – 2:00 – Reiki for healing others – practice session

2:00 – 2:45 – Using Reiki for Emotional Healing

2:45 – 3:00 – Break

3:00 – 3:45 - Practice and supervision

3:45 – 4:00 Questions