

Reiki Level 1 Revision Workshop



This workshop will review the basics of Reiki Level One including protection of space and energy, how to bring in the Universal Life Force (Reiki) energy, how to properly ground yourself and the hand poses. It designed to make you feel comfortable with the Reiki energy and revisit level one if you didn't have time to practice after your initial training and it you haven't gone back to it since, without having to take the whole training over again.

Reiki (ray-key) which means "universal life energy" is one of the most gentle, least invasive and most relaxing therapies available. It addresses the needs of the entire person, restoring balance and bringing healing to mind, body and spirit.

Date: April 27th, 2016
Time: 6:00PM to 7:00PM
Location: Complete Body Nutrition
Cost: By Donation



To register contact Alicia @ (506) 260-0927 or Alicia@completebodynutrition.ca
Must have already completed level one with any Reiki Master. This is a review not training.