

REIKI CLASS - First Level

Reiki Master Diane Young

Cost \$165

Reiki

Learning Path
Integrated
Technique

Energy
Clearing
Workshops

Chakra
Workshops

Reiki is a hands- over the body energy transference. The first level Reiki energy works on the physical body. It helps to ease pain, heal wounds, and ease the stresses of everyday life. Reiki energy is very compatible with the cells and promotes healing at this level. The Reiki practitioner receives an attunement that opens one to the Reiki energy. You are then able to focus the energy for others to access in a treatment. Once attuned, you can also give Reiki energy to yourself.

Learn to:

- Open to the Reiki energy
- Give a full body treatment
- Give distance healing using 1st degree
- Sense and identify different energies
- Clear and transmute non-beneficial energy from the body and the environment
- Improve relationships with Reiki
- Reconnect to your Perfect Blueprint
- Use techniques to reduce back pain and migraines

Diane is a Reiki Master of both Usui and Komyo Reiki styles. She has been practicing energy work in Toronto since 1997.

To register: mail application and \$50 deposit cheque or money order to:

Diane Young, 54 Amroth Ave, Toronto, On. M4C 4H2

Email: diane@circle-of-one.com Phone: 416.690.6336

Name: _____

Address: _____

Phone: _____

Email: _____