



Healing Solutions

Reiki Level 1

Workshop

With

Chris Wood

Is Reiki For You?

Reiki is for anyone who is looking to feel happier and more relaxed In their life.....

Reiki is for anyone who wants to help others.....

Reiki is for anyone who is ready to take charge of their life.....

**Saturday & Sunday
20th & 21st June 2009**



Learning Reiki is simple, easy and safe!

This powerful and ancient healing system is one of the fastest growing systems in the world today. It can be used by everyone; with or without religious or spiritual beliefs. Reiki is a powerful healing treatment for people of all ages, it also compliments, and blends with all other forms of therapy.

In this 2 day workshop you will learn the knowledge and receive the attunement necessary to tap into the Life Force Energy to bring the healing power of the universe into your life and to those around you.

What is Reiki...?

Reiki is a Japanese word meaning “universal life-force energy”

Reiki is a safe, non-intrusive Healing System

Reiki is a wonderful way to help others

Reiki supports the body’s natural ability to heal itself

Reiki functions on all levels; physical, mental, emotional & spiritual

Reiki helps balances the body’s natural energies

Reiki helps cleanses the body of toxins

Reiki helps bring the body into state of harmony and balance

Reiki helps release physical, mental and emotional blockages

Reiki helps minimise your sense of helplessness when facing disease or trauma

Reiki can be used in conjunction with all conventional medical procedures

Reiki can co-exist with any religious beliefs

Reiki is completely safe for the person giving and the person receiving

Reiki helps release the stress & anxiety of life

Reiki is an effective method of pain relief

Reiki energizes Mind, Body and Soul

Reiki balances the body creating peace calm and mental well-being

Reiki extends our horizons

Is Reiki for You...?

Reiki is for anyone who is looking to feel happier and more relaxed In their life

Reiki is for anyone who is seeking emotional calm

Reiki is for anyone who is looking for mental clarity

Reiki is for anyone wishing to ease the pain of physical illness

Reiki is for anyone who is ready to step on and follow a spiritual path

Reiki is for anyone who is ready to take charge of their life

Reiki is for anyone who wants to help others

Reiki is for anyone in the caring, health care or complementary profession wishing to learn a safe hands-on non invasive technique to enhance their treatment practice, especially for self treatment to prevent the accumulation of stress when treating others

The Reiki Workshop

Day 1

Saturday - 10.00am to 4.30pm

In this session we will explore:

- 1) Workshop overview
- 2) Energy enhancing Meditation
- 3) What is Reiki & how does it work
- 4) Origins, history and ideals of Reiki
- 5) Reiki awareness & sensing techniques
- 6) Your individual Reiki attunement/initiation
- 7) How to use Reiki
- 8) Practice time sharing and Discussion



Day 2

Sunday - 10.00am to 4.30pm

In this session we will explore:

- 1) Reiki Meditations
- 2) Reiki/Energy awareness & sensing techniques
- 3) Reiki self-healing treatment
- 4) Treating others with Reiki
- 5) Other uses of Reiki
- 6) Working with your intuition & your Higher Self
- 7) Practice time sharing and Discussion



Are you looking for that missing part of your life? That elusive thing that you know deep down you have not yet found? Reiki shines a beautiful light on your path gently helping you to discover this missing part of you!

Some people ask how it is possible to learn Reiki in such a short time, the answer is: You don't learn it all in a weekend! On your workshop you are attuned to the Reiki energy and are taught all the techniques you need to get yourself under way with this powerful healing system. With professional teaching to the highest standard Chris will guide you through every step allowing you to discover Reiki in all its glory. This process is like planting a seed and it is in the ensuing days...weeks...months the energy works with you to cleanse and clear your system allowing you to achieve a deeper link to the universe and yourself.

This initial process allows you to bring Reiki healing energy to your Family, friends and of course yourself from day one! One of the great things about this energy system is the more you use your Reiki the stronger it becomes.

Essential Workshop info

Date:

Saturday & Sunday 20th & 21st June 2009

10.00am to 4.30pm

Venue:

"The Centre" *Mind Body Spirit*

Medway Pavilion

M2 Medway Services

Farthing Corner, Rainham

Kent

ME8 8PQ

(The Centre is only 6 miles from Maidstone, junction 4 on the M2)

Workshop fee:

£165.00 cash or cheque

This includes a full Reiki workshop training manual and Reiki Level 1 certificate.

Max: 8 people

***If you have decided to take this life
changing workshop please book early as I have
limited places.***

***To book your place or for more information
please contact Chris on:***

Home : 01622 600273

Mobile : 07956 624266

Email : chris@healingsolutions.org.uk

Website : www.healingsolutions.org.uk

I look forward to seeing you

Chris

Introduce a friend!

***Introduce a friend to the Reiki 1 workshop
and get 20% off your workshop fee***