



# Reiki I & II Training

March 19-20, 2022

9:00 am – 5:00 pm

Reiki is a complementary therapy that works with our life force energy to promote relaxation, healing, and well-being. Reiki uses gentle touch to help with relaxation to balance the physical, mental, and emotional energy systems.

Developed in Japan by Mikao Usui, Reiki enhances the body's natural ability to heal itself and complements traditional medical care and other healing modalities.

Learn the foundational principles of the Usui method of Reiki for treating yourself and others as well as the Reiki symbols and techniques for distance healing. You will have hands-on practice and receive a Reiki treatment both days.

Reiki I will be from 9am - 5pm on Saturday, March 19, 2021.

Reiki II will be from 9am - 5pm on Sunday, March 20, 2021.

Studies show that Reiki helps reduce anxiety, stress, pain and increases physical vitality. It enhances the healing process following illness, injury, surgery or chemotherapy. Many individuals benefit from regular Reiki treatments as part of their regular self-care routine.

For an overview of each class: <https://www.sisterseekers.net/reiki-classes>

Registration Due March 11, 2022.

Cost: \$300

Facilitators: Diane Anderson and Marie Neher

Register at: [www.sisterseekers.net](http://www.sisterseekers.net)