



Reiki Course Descriptions and Schedule

Reiki is a holistic, heart centered practice for healing, inner peace and personal growth.

Classes are open to everyone, not just professional healers.

For professional healers, Reiki offers a chance to work deeply without becoming drained. Professional Continuing Education credits are available. (CEUs)

There are four levels to Reiki training: Foundation Level 1, Professional Level 2, Master Level 3, Teacher Level 4.

Please reach out if you are interested in a class but the date does not work for you. This is the Summer Schedule for 2020. The Late Summer and Fall schedules are being planned now!

Current classes are planned as 100% online or a hybrid with an optional in-person energy healing (with masks and physical distancing). The format for future classes is evolving with the times.

Happily, Zoom works beautifully! And distant energy healings make classes available to students who do not live near Chicago, or those who prefer to limit contact at this time.

Please continue to check the calendar as I will update it regularly.

Foundation Level One ~ Helping those you love heal, starting with you!

This powerful introduction to this beautiful practice introduces a simple technique for stress reduction and deep relaxation that fosters the body's natural ability to heal.

Course content:

- ~ learn how to easily restore healthy balance to a stressed out body, mind, spirit.
- ~ learn a simple daily routine to support your emotional balance and physical wellness (and takes just 20 minutes or less!).

- ~ learn how to give a restorative Reiki session to friends, loved ones, even pets!
- ~ receive an energy healing (attunement)
- ~ learn the history and core principles of Reiki

Prerequisite: Open to everyone! You do not need to be a professional healer to be a healing presence.

Current Dates Reiki Level 1 ~ SOLD OUT

July 9 & 10

Thursday, 9am-12pm (by Zoom). 1-4pm Attunements by Appointment (in-person or Zoom).

Friday, 9am-11am (by Zoom)

Professional Level Two ~ The Healer's Toolkit

Power up! Expand your toolkit and up your ability to work with more energy in a targeted way. Level 2 deepens your Reiki practice through tools (known as the Reiki Symbols) and techniques that amplify your skills and strengthen your Reiki connection.

Course content:

- ~ learn the specific protocol for distant healing
- ~ learn a specific tool to calm mental stress and restore emotional balance
- ~ learn a specific tool that adds power to your ability to alleviate physical pain
- ~ receive a second energy healing (attunement) that deepens your connection to Reiki

Prerequisite for Level 2: Completion of any Reiki Level 1 course, taught by me or another Reiki Master Teacher.

Current Dates Reiki Level 2

July 27 & August 3

Monday, 9am-12pm (by Zoom). 1-4pm Attunements by Appointment (in-person or Zoom). August 3, Monday 9am-11am (by Zoom)

6 CEUs

Investment: \$275

Reserve your space through Zen Shiatsu:

http://www.zenshiatsuchicago.org/courses/reiki_level_2/

Master Level 3 ~ Your Personal Development Path

Strengthen your skills as a healer as Reiki guides you to deeper levels of personal healing.

Course content:

- ~ receive a third energy healing (attunement)
- ~ learn how to use the Reiki Master symbol in daily practices that support Anshin Ritsumei, a state of inner peace from which to live your life purpose.
- ~ learn to create a powerful Reiki Crystal Grid; a beautiful practice from William Rand's lineage.

Prerequisite for Master Level 3: Completion of any Reiki Level 2 course, taught by me or another Reiki Master Teacher.

Current Dates Reiki Level 3

August 24

Monday August 24, 9am-4pm (by Zoom) - Attunement either by Zoom or in-person by appointment

6 CEUs

Investment: \$375

Reserve your space through Zen Shiatsu:

http://www.zenshiatsuchicago.org/courses/reiki_level_3