



What is Reiki and how can it help me?

The practice of Reiki is an original method of healing, developed by Mikao Usui in Japan early in the 20th century. It works on every level, not just the physical. The Japanese word Reiki means 'Universal Energy'.

Illness can be a time of great stress. Reiki can help us cope by encouraging relaxation and bringing balance to both mind and emotions including deep relaxation, promoting a calm, peaceful sense of well-being on all levels.

Reiki encourages and supports positive personal choices, such as improving diet, taking more exercise, devoting time for rest or leisure activities, and may reduce the need for alcohol and tobacco. Engendering greater inner harmony and balance, regular Reiki treatments promote a calmer response to life's challenges.

Reiki's gentle energy is easily adapted to most medical conditions and may be used safely by people of all ages, including the new-born, pregnant mothers, surgical patients, the frail and the elderly, in any situation.

Being complementary, Reiki works effectively alongside orthodox healthcare and natural remedies, expanding treatment options. Reiki can enhance everyday living, and regular sessions may help to promote development of a healthier, more resourceful state of being.

Reiki Courses & Workshops

These workshops and introductory courses have been designed to suit those who want to continue their journey of Reiki through to those who have no experience at all. All of my courses have been designed to be the foundation of your wonderful journey with Reiki in which you build upon layers of knowledge, practice and experience.

Anyone attending a Reiki introductory course should come with a good intention to understand the natural healing elements this therapy brings. By the end of the course you would have experienced a very special and unique event in your life journey. For some it is very profound, for others it's just a wonderful experience but for everyone, it's a day of sharing, laughter and personal development.

I always advise that you should dress comfortably for the purposes of practice, receiving Reiki and during periods of rest and meditation

Reiki Introductory Workshop **£59.00** **9.30 – 1.30 pm** **Attendance certificate**

*If you decide later on to complete your Reiki I course, you could come back for ½ a day to complete and gain your Reiki I certificate.

Reiki I Training **£119.00** **9.30 – 4.30 pm** **Reiki I Certificate**

Reiki II Training **£145.00** **9.30 – 4.30 pm** **Reiki II Certificate**



Reiki Training Yorkshire: Drighlington Health Hub & Yoga Center
209 -2011 Wakefield Road, Drighlington, Bradford, BD11 1EB
T: 07952 671 551 E: sally@reikitrainingyorkshire.co.uk





During the introductory course, you will learn:

About the origins and development of Reiki
How to connect to Reiki through breathing exercise and meditation
Energy cleansing techniques
The steps you need to consider before practising Reiki
How to give a Reiki treatment to yourself
The wide range of problems that Reiki can work with
To understand Reiki as both a spiritual path and a healing technique
Experience a guided imagery session
A certificate of attendance

What's included in the price?

Refreshments available including tea, coffee, herbal teas and fresh water. Everything is provided for you. Reiki is about you and your journey to health, spiritual awareness, wonderful relationships and abundance in your life. I will always include a meditative guided journey during your course

Ultimately my course aim is for you to leave being able to give an explanation to others about Reiki and the confidence to use it for yourself and others. The full day course covers the history of Reiki, the Reiki principles, meditation & attunement, self-practice and application at all levels

I will provide a certificate of attendance for the Reiki Introductory workshop & you will receive 10% discount off any future course you attend.

Payment: I usually accept a simple bank transfer, 14 days before attendance. Payment is due in full unless you are booking a full day in which case a 50% deposit will secure a place for you.

NatWest: S Benson 60-14-34 58032231, reference: your name. You can also pay via PayPal with an additional charge of £1.50. (sally@sallybenson.com)

Travel

Free, private parking is on-site. I am based 3 minutes from Junc. 27 M62. Transport from the train station (if you come by public transport) is not provided. Taxis are about £6 from Bradford & £12.00 from Leeds.

If you wish to ask any questions in relation to Reiki then please do not hesitate to get in touch: Sally – Master Reiki Practitioner & Tutor 07952 671 551 or email sally@reikittrainingyorkshire.co.uk



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靈氣

Mikao Usui



15th August 1865

9th March 1926

Dr Chijiro Hayashi

Mrs Takata

Phyllis Lei Furumoto

Pat Jack

Carol Farmer

Cherie A Prusuihn

Leah Smith

William L Rand

William L Rand

Hazel & Graham Raven

Padma & Mark O'Gara

Niki Thurlow

Jean Bilsborough

Vikki White

Rosemary Steele

Sally Benson