



## **Reiki Training Course 1st Degree**

Taught in one day with follow up support. It is based on the attunement which opens you up to the Reiki energy. Once this pathway is established you are able to channel Reiki for the rest of your life using the energy for growth, self development and healing for yourself, your family and your friends

Once you have been attuned, Reiki will flow through your hands whenever you touch with the intention of healing or helping. Once you have received the first degree attunements, you will have this ability for life.

Reiki can safely be used in combination with orthodox medical care and other complementary therapies. It combines well with many alternative therapies, including Acupuncture, Aromatherapy, Reflexology, Kinesiology, and Counseling and will increase their effectiveness and decrease the time required to see positive change.

This includes:

- training and attunement to Reiki 1st level
- comprehensive manual
- certificate
- follow up support by email/phone and support group
- refreshments

The day will commence at 10.00 am and conclude around 4 pm. Bring a light lunch with you if you have specific dietary needs or I will provide some homemade soup. I always advise to keep your breakfast meal fairly light and I will provide drinks all day. It is good to wear loose fitting clothing for your comfort and also for when you have your Reiki treatment.

It will be a very enjoyable day and I will provide everything you need to learn Reiki I. I am looking forward to sharing the experience with you. There is nothing else you will need to bring except an open mind.

### **Reiki Training Yorkshire**

Drighlington Health Hub: 209 – 211 Wakefield Road, Drighlington, Bradford BD11 1EB

Tel: 0113 805 4656 Mob: 07952 671 551

Email: [sally@reikitrainingyorkshire.co.uk](mailto:sally@reikitrainingyorkshire.co.uk) Web: [www.reikitrainingyorkshire.co.uk](http://www.reikitrainingyorkshire.co.uk)

Open yourself to connect, explore and experience



## Reiki I Training - Itinerary

This involves a one day session (for theory, practice and attunement) and follow up case study work - self healing and practice on friends/family

- Welcome
- Introductions
- History of Reiki
- The Reiki Principles
- Self-Reiki
- Guided Imagery Session
- Lunch
- Practise session - I will provide client
- 21 days self-healing
- Attunement
- Case study discussion
- Certificate

## Course payment - Cost Reiki

The cost of your Reiki I course is £119.00 and you can pay via the following:  
Bank transfer NatWest: S Benson 60-14-34 58032231 ref: your name.

Kindest regards

*Sally*

Sally Benson  
Reiki Master Teacher & Practitioner

Open yourself to connect, explore and experience

Reiki Training Yorkshire

Drighlington Health Hub: 209 – 211 Wakefield Road, Drighlington, Bradford BD11 1EB

Tel: 0113 805 4656 Mob: 07952 671 551

Email: [sally@reikitrainingyorkshire.co.uk](mailto:sally@reikitrainingyorkshire.co.uk) Web: [www.reikitrainingyorkshire.co.uk](http://www.reikitrainingyorkshire.co.uk)

Open yourself to connect, explore and experience



靈氣

## Mikao Usui



15th August 1865

9th March 1926



Reiki Training Yorkshire

Drighlington Health Hub: 209 – 211 Wakefield Road, Drighlington, Bradford BD11 1EB

Tel: 0113 805 4656 Mob: 07952 671 551

Email: [sally@reikitrainingyorkshire.co.uk](mailto:sally@reikitrainingyorkshire.co.uk) Web: [www.reikitrainingyorkshire.co.uk](http://www.reikitrainingyorkshire.co.uk)

Open yourself to connect, explore and experience