



Introduction to Reiki

Level 1 Class

Together we will explore the foundations of Reiki, the Reiki precepts, and hands-on healing. Participants will be trained to do hands-on healing for themselves and for others. Students should have experienced at least one, and preferably several, Reiki sessions before taking this class so they have firsthand knowledge of Reiki.

Reiki is especially helpful in reducing anxiety, anger, pain, and insomnia. Practicing Reiki helps the nervous system shift from sympathetic mode (fight or flight) to parasympathetic mode (rest and digest). This deep relaxation boosts the immune system and accelerates the healing process.

The ideal outcome of this class is for participants to develop a personal Reiki practice each day (even if it's only 5 minutes some days). Daily practice is where the transformative power of Reiki lies.

The class will be a mixture of discussion, individual practice, and group practice. Participants will receive Level 1 attunements (initiations) each day. Each day we'll meet for about seven hours, which includes a break of around an hour for lunch and a short walk. Everyone should bring a refillable water bottle, lunch, and any snacks you want to share with the group. I will have tea and a few additional snacks. We ask that you turn your phone off during the class, so you can be totally present.

After a Level 1 class, there are usually many questions that come up. To offer support, we will have an optional Reiki Share at my home in Keene, NY, about 4 weeks after the class. I am also very willing to answer your questions as they come up.