

USUI REIKI LEVEL I

Taught by Katrina Beath, klbtherapy.com

Venue: Richmond-Upon-Thames, close to station

Duration: Two days

Fee: £160

Prerequisites: An open heart and mind.

At Reiki Level I, we cover:

- What is Reiki? – And what do we mean when we talk about ‘Energy’
- The History of Reiki – Mikao Usui’s story (and variations) and the development of the lineages
- Living Reiki – The Pillars, Precepts and Practices
- Modern Reiki – What’s in a name?
- The Usui System of Natural Healing
- The Power of Intention – entering the vibrational world
- Meet the Chakras – meanings and emotional resonances, locations, associated colours and other vibrations
- And their neighbour, the Auric Field – working in the non-physical space
- First Reiki Attunement
- Working with Reiki:
 - Physical and energetic Hygiene
 - Guided self-healing practice
 - Hand positions
 - How to use a massage table (and purchase considerations)
 - Your ‘Reiki kit’
 - Safe bio-mechanics during a session
 - Supervised classroom practice on each other
- How to record your practice on friends and family at Level I
- Next Steps – how to progress to Reiki Level II.

After completing Reiki Level I you can use Reiki for yourself, and for friends and family. Your Reiki Level I Certificate will be issued at the end of the second day.