

# REIKI REFRESHER DAY

*Taught by Katrina Beath*

**Venue:** Richmond, close to station

**Duration:** One day, 9:30am – 6pm

**Fee:** £75

**Prerequisites:** Any Reiki Level

## **Outline:**

This one-day refresher is perfect for anyone who is Reiki attuned/qualified, but maybe has lost touch with the practice and would like a refresher before continuing their journey, or if their training was minimal and they would like to benefit from a deeper understanding of energy, theory, and especially the important practice of self-healing. The day will include a re-attunement in the Usui Shiki Ryoho lineage and a refresher of the history of Reiki.

## **What is covered?**

After a recap on the history of Reiki and your attunement, I like to provide a tailored experienced based on what you would like to get out of the day – so I'm completely open to requests! Some of the things covered on previous Refresher Days include:

- What is energy? Some viewpoints including:
  - Quantum mechanical
  - Spiritual / Physical
  - Emotional / Vibrational
- Sensitising - Practice sensing and feeling energy in ourselves and others
- What is *healing* energy? Where does it come from?
- Working with the power of Intention
- The chakras
  - Locations
  - Meanings and emotional resonances
  - Associated colours, sounds, and other vibrations
- The auric field
- Self-healing
- Practice in pairs

*PLEASE NOTE: This workshop is for personal and professional development. A certificate of attendance and copy of the lineage will be provided, but this does not in itself constitute a qualification in Reiki or other healing modality. Formal Reiki training is offered in a separate series of courses, please email me [katrina@klbtherapy.com](mailto:katrina@klbtherapy.com) for details.*