



LORRAINE DAVIS

Holistic Healthcare & Education Centre



REIKI LEVEL 1



Hello, and thank you for your interest in our courses!

This is a traditional level 1 Usui Reiki course that closely follows the original Japanese rituals associated with the practice. It is accredited by IPHM and follows the traditional format of 2 days and 4 attunements to allow you to completely relax and fully integrate the energy and the changes it brings.

Following this course, you will be able to work with Reiki energy to aid wellbeing and balance for humans, animals and plant-life - it is the starting point for everyone on their individual Reiki pathway.

After this workshop you may feel that your journey is complete, or you may decide to continue to levels 2 and 3 and eventually teaching level. There will be plenty of opportunity for discussion regarding your personal development pathway during and following the course.

Why choose this course?

This is an excellent choice for those who would like to practise Reiki professionally, as you will be able to progress to practitioner level 2 after this. It is also perfect for personal spiritual development as it allows you to work with yourself to enable self-healing, and to help family and friends and pets. It is also useful as a CPD activity for existing therapists

Do I need any other qualifications before I can start?

There are no pre-requisites for attending this course. Anyone can come and enjoy the gentle energy

What does the course cover?

- History and development of Reiki
- Lineage
- How Reiki works
- Overview of energy fields and systems
- 4 Attunements to Reiki energy over 2 days
- Ethics of Reiki practice
- Practical treatment of the self and others
- Clearing the energy field
- Grounding and protections
- Preparation and meditation
- Treating animals, plants and food

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How long is the course?

The course lasts for 2 days over 1 weekend 10.00– 4.30

How is the course assessed?

There are no assessments or exams with this course

How much does the course cost?

- Standard scheduled groups: **£190.00** [Discounted rate **180.00**]
 - *Fees cover all scheduled class input, study packages and handouts, tutor support, and certification.*
- **Deposit: 100.00** on booking.
- Outstanding fees are due in full **2 weeks before** course starts
- **Certification cannot be given until fee payment is completed**

*Discount available for:
Returning students, full payment on booking or
Early bird booking [at least 2 months in advance – please ask for deadline]
Only 1 discount may be claimed per booking*



Is there anything else I need to know?

Full details on preparing for your Reiki course, and what to bring with you will be provided in your confirmation letter sent to you when your booking is complete

How do I book?

Please contact us in the first instance so that we can confirm that there is space on the course, it is also useful to have an informal chat.

Download or contact us for a booking form and send it with your deposit by email, post or facebook message and we will send you a booking confirmation, maps, etc.

What if I need some more info?

Feel free to contact us for advice, we are happy to help!

*Why not give us a call or drop us an email if you would like more advice...
There is no obligation at all. We have 40 years of experience in supporting students at all stages and levels –
So, you are in safe hands!*