



*Dedicated to the education of the local and global community,  
Jane and Amanda take a whole-istic approach of empowering individuals to be a part of their  
own transformational growth and healing, with the support of services, classes,  
and sacred site retreats.*

## Usui/Tibetan Reiki Classes

Reiki is a form of therapy that uses simple hands-on, gentle touch, and visualization techniques, with the goal of improving the flow of life energy in a person. Reiki (pronounced *ray-key*) means "universal life energy" in Japanese, and as Reiki practitioners, we are trained to detect and alleviate problems of energy flow on the physical, emotional, and spiritual level. Reiki touch therapy is used in much the same way to achieve similar effects that massage therapy is used—to ease stress and pain, and to improve the symptoms of various health conditions.

We believe in allowing time for integration of the material, practice time and opportunity to clarify points in a small group setting with follow up sessions devoted to practice sharing time. There are four classes offered for the progression of the student to practitioner to teacher. Please check our calendar section for current/upcoming classes or please feel free to contact us for dates.

**Reiki I:** Reiki I is scheduled for an eight hour weekend class of lecture, discussion and experience with the following topics:  
*Introduction to Reiki Energy.*

- What is Reiki
- It's Benefits
- History
- 5 Precepts/Daily Practice Meditation
- Chakras and How to Feel Energy
- Attunement to Awaken the Energy
- Ground Breath
- How to Self Treat, Full Table Treatment and Chair Treatment
- Student Practice Exchanges
- Paperwork
- Certificate

**Reiki II:** Reiki II is scheduled for an eight hour weekend class of lecture, discussion and experience with the following topics:  
*Introduction of/use of Symbols*

- Reiki Symbols
- Theory: Guides and Meditation
- Techniques
- Distance Healing
- Attunements
- Student Practice Exchanges
- Paperwork
- Certificate

**Reiki III:** Reiki Master/Practitioner Level is scheduled as a ten hour weekend class of lecture, discussion and experience with the following topics: *Exploring Advanced Techniques*

- Review of Symbols
- Master Symbol
- Attunement
- Techniques
- Crystal Grid for Prayer/Manifesting
- Aura Clearing
- Master Meditation
- Paperwork
- Certificate

**Reiki IV:** Master/Teacher Level is scheduled as a 20 hour weekend class of lecture, discussion, and experience with the following topics: *Teacher Training*

- Extensive Overview and Review of Level I-II Techniques/Principles
- Crystal Grid
- Aura Clearing and Master Meditation
- Teaching Components
- Tibetan Master Symbols
- Attunements and Receiving Treatments
- Marketing
- Paperwork
- Certificate

*(All classes are currently being held at Sacred Journeys Wellness Center until future off-site training is available.)*