



Reiki I: Shoden

With Joanne Sumner

On this course you will receive the traditional Japanese Reiju empowerments that connect you permanently to this unlimited source of healing energy.

Practical aspects of the course include learning how to make your Reiki strong by using the Japanese Hatsu Rei Ho exercise. You will work with the energy throughout the day as we show you how to treat yourself and give basic guidelines on how to give treatments to other people, animals and plants.

Course Content

- What Is Reiki?
- The History of Reiki
- Main Benefits of Reiki
- Reiki Principles
- What to expect before and after your empowerments
- Receiving the Reiju spiritual empowerments
- Hatsu Rei Ho
- Giving self-treatments by using the special hand positions
- Giving Reiki to others

Course length

1 day 10am - 4.30pm

Course Costs: £70 to include:

- Course tuition
- Manuals
- Reiki I empowerments
- Certificate
- Tea/coffee/refreshments

Dates

25th Nov 2011, 2nd March, 23rd April, 18th May, 23 June, 13 July, 8th Sep 2012

Booking

To book, contact Joanne on jo@joannesumner.com, 020 8579 7659, 07786 273 826.



Reiki 2: Okuden

With Joanne Sumner

This 2 day course builds on the traditional Japanese Reiju empowerments in Reiki 1, enhancing your ability to work with different Reiki energies and with a greater variety of applications and subtlety. Traditional, modern and intuitive techniques are shared. Reiki 2 is also a professional qualification that allows you to offer Reiki treatments as part of a healing practice.

Course Content

- Traditional Reiki symbols that deepen your treatments
- The different Reiki frequencies
- Distance healing techniques
- Space clearing techniques

You will explore how to enhance your intuition and to integrate Reiki into daily life.

Course requirements

Students must be initiated to Reiki first degree and at minimum have completed a full 21 day cleansing cycle. It is preferable to have a 2-3 month gap between Reiki 1 and Reiki 2 for students to practice feeling and working with energy.

Course Length:

2 days, 10am-4pm

Course Costs: £140 to include:

- Course tuition
- Manuals
- Reiki 2 empowerments
- Certificate
- Tea/coffee/refreshments

Dates

10th-11th February 2012, 15th-16th June 2012

Booking

To book, contact Joanne on jo@joannesumner.com, 020 8579 7659, 07786 273 826.