

Reiki Level I Course

This course is for anyone who is drawn to Reiki as a personal healing and self-development tool.

The curriculum for the Level I course includes the following:

- ✚ What is Reiki?
- ✚ The history of Reiki
- ✚ Reiki and the energy system of the body
- ✚ Reiki and Healing
- ✚ Hand positions for self-treatment
- ✚ Hand positions for treating others
- ✚ Practice Sessions
- ✚ Different uses of Reiki
- ✚ Reiki Principles
- ✚ Guidelines and Exercises

You will receive four Reiki I attunements during this course that will enable you to activate Reiki for healing. After the attunements a 21-day clearing process will follow.

The course includes guided meditations, and ample time for quiet reflection is also built into the course.

Remember that you will only be able to set up a practice to treat others after receiving Reiki Level 2.

A date for the Level 2 Course will be negotiated with the group after the Level I Course.

I have been trained as Reiki Master in the Usui Tradition, and therefore will teach the Level I Reiki Course in the same tradition. You will receive a Usui Shiki Ryoho certificate after completion of the course.

Reiki



“Reiki is truly one of the most powerful and yet simple tools available in our time, to help everyone open to greater realms of possibility in all areas of life.”

Paula Horan

Venue: 8 De Bron Avenue, Kenridge, Durbanville.

Date: Saturday 26 & Sunday 27 July 2025.

Time: 9:30-17:00 on both days.

Investment: R 2 800 including training manual, refreshments and lunch on both days.

A 50% deposit is required by
Friday 27 June and the balance
by **Thursday 24 July.**

Pay in full upon booking and pay only **R 2 600.**

For more information or bookings on any of the above, contact
Johann @ 083 764 5978 / johann@johannvangreunen.co.za.