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### Recommended Reading / References:

Ellyard, Lawrence, *Reiki Healer*. Lotus Press. USA. 2004.

Ellis, Ricahrd, *Reiki and the Seven Chakras: Your Essential Guide to the First Level*. Vermilion. London. 2002.

Stein, Diane, *Essential Reiki. A Complete Guide to an Ancient Healing Art*, The Crossing Press Inc. Freedom, California. 1995.

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### REIKI at NATURE CARE

*"This two day course has had a true impact on me and will stay with me always. Thank you."* – Jennifer Solari – September 2011

*"Very warm, welcoming, informative and fun workshop. Being anxious of this transformational phase between now and 2012, this short course has helped me to prepare for the upcoming changes."* – John Rapadas – September 2011

*"I had a mind-blowing experience right through the course. I am glad I made the decision to study at Nature Care and have Joan teach the subject."*  
– Vinod Thiagarajah – September 2011

### DAY-BY-DAY OUTLINE

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#### DAY 1

Introduction to Reiki, history, attunement, 'hands-on' practical work, meditation.

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#### DAY 2

Meditation, practical work. Attunement. Reiki for children, animals, plants. Cautions. Group healing.

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Please be respectful of your fellow students and arrive on time for class.

Please ensure all mobile phones are turned off prior to the commencement of class.

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