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Nature Care College

Reiki Refresher

DESCRIPTION

If you've completed any Reiki level before and would like to re-experience being in the space of loving kindness and support that Reiki provides, then this is the course for you! In this practical workshop you will receive another Reiki attunement, refresh your Reiki techniques and work 'hands on'. There will also be a meditation and a grounding practice to connect with the flow of energy through your whole body.

DURATION

6 hours (1 day workshop)

LEARNING OUTCOMES

By the end of this workshops students will be able to:

1. Re-familiarise themselves with Reiki practice for self and others.
2. Feel supported and encouraged in their Reiki practice.
3. Deepen their understanding and practice of Reiki.
4. Have any questions discussed about their Reiki practice with self or others.

TEACHING METHOD

Modified lectures.
Meditation.
Practical exercises.

ASSESSMENT

Participation in practical exercises 100%

ATTENDANCE

80% minimum.

PRE-REQUISITES

Reiki – any level with any institution.

CO-REQUISITES

Nil.

MATERIALS REQUIRED

Notebook, pen.

Nature Care College Pty Ltd ABN 77 105 282 264

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Compulsory: Nil

Recommended Reading / References:

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

TEXTBOOKS

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.

www.australianreikiconnection.com.au

CPE POINTS:

Members of ATMS (Australian Traditional Medicine Society) can receive Continuing Professional Education points for this course. 1 hour = 1 point with a maximum of 5 hours.
Please bring your ATMS CPE form to have signed by your trainer at the end of the course.

SESSION OUTLINE

DAY 1

Meditation

Energy movement exercises

Discussion & questions

Reiki attunement

Hands on healing practice

Applications of Reiki

Further exercises to support us in our practice of being more present and heart centred

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

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

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