



LORRAINE DAVIS

Holistic Healthcare & Education Centre



REIKI LEVEL 1



Hello, and thank you for your interest in our courses!

This is a traditional level 1 Usui Reiki course that closely follows the original Japanese rituals associated with the practice. It is accredited by IPHM and follows the traditional format of 2 days and 4 attunements to allow you to completely relax and fully integrate the energy and the changes it brings.

Following this course you will be able to work with Reiki energy to aid wellbeing and balance for humans, animals and plant-life - it is the starting point for everyone on their individual Reiki pathway.

After this workshop you may feel that your journey is complete, or you may decide to continue to levels 2 and 3 and eventually teaching level. There will be plenty of opportunity for discussion regarding your personal development pathway during and following the course.

Why choose this course?

This is an excellent choice for those who are wanting to practise Reiki professionally, as you will be able to progress to practitioner level 2 after this. It is also perfect for personal spiritual development as it allows you to work with yourself to enable self healing, and to help family and friends and pets. It is also useful as a CPD activity for existing therapists

Do I need any other qualifications before I can start?

There are no pre-requisites for attending this course. Anyone can come and enjoy the gentle energy

What does the course cover?

- History and development of Reiki
- Lineage
- How Reiki works
- Overview of energy fields and systems
- 4 Attunements to Reiki energy over 2 days
- Ethics of Reiki practice
- Practical treatment of the self and others
- Clearing the energy field
- Grounding and protections
- Preparation and meditation
- Treating animals, plants and food

*Why not give us a call or drop us an email if you would like more advice...
There is no obligation at all.
We have 30 years of experience in supporting students at all stages and levels – so you are in safe hands!*

How long is the course? The course lasts for 2 days over 1 weekend 10.0 . 4.0

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Facebook: <https://www.facebook.com/LorraineDavisTraining>

How is the course assessed?

There are no assessments or exams with this course

How much does the course cost?

- Standard scheduled groups : **£180.00**
- One to one tuition: **£290.00 ***

[You can start your course whenever you are ready]

Fees cover all scheduled class input, study packages and handouts, tutor support, and certification.

Costs can be reduced if you have others who would like to study with you as a small group. This can be a good way of reducing fees. The cost would then be £180.00* per person.

*Additional cost of travel at 45 p per mile + accommodation expenses should be added to this when delivered at your own venue.

Terms:

Outstanding fees are due 2 weeks before course starts. Certification cannot be given until fee payment is completed.

- Deposit: 100.00 on booking.
- Balance to be paid either by full payment or by 3 instalments as discussed with principal.

Is there anything else I need to know?

To prepare for your course:

- You should try to eat a light, well balanced diet and reduce alcohol and stimulant intake, including caffeine.
- Try to reduce or eliminate smoking
- Give some time to meditative practice, if you are not used to meditation, walking in nature, near trees or water or sitting in quiet contemplation are all beneficial , the meditations during the course are simple and relaxing and directed by the teacher. We are sure you will find them enjoyable

Attending your course:

- You should wear loose comfortable clothing - if possible natural fibres, and light in colour - also bring a fleece or jumper, some cosy socks and light indoor shoes
- Bring a yoga mat or blanket for use during meditative practice
- Refreshments are provided, but please bring a light packed lunch with you
- A resource pack is provided, but you may like to bring a notebook and pen
- If you have any diagnosed disorder, are taking medication or are pregnant please discuss with your tutor - it is unlikely to interrupt your studies but it is important that your tutor is aware.

How do I book?

- Please contact us in the first instance so that we can confirm that there is space on the course , it is also useful to have an informal chat.
- Download or contact us for a booking form and send it with your deposit by email, post or facebook message and we will send you a booking confirmation, maps, etc.

What if I need some more info?

Feel free to contact us for advice, we are happy to help !

5% Discount available
Full payment on booking
Or
Early bird booking [at least 2 months in advance - please ask for deadline]
Only 1 discount may be claimed per booking

