



## Reiki

Reiki is a natural healing system designed to assist in healing and achieving balance.

Your Reiki session will take place in a comfortable, quiet room. You will lie on a table especially designed for your comfort and will remain fully clothed. You may be treated in a seated position or even standing. The practitioner places her/his hands on or near your body in a series of hand positions. These include positions around the head and shoulders, the stomach, and feet. Other, more specific positions may be used based on your needs.

While each person's experience is different, generally people feel relaxed and refreshed after a session. Having a Reiki session may

- \* Help you feel calm and more balanced
- \* Enhance relaxation and aid your ability to sleep
- \* Enhance your self awareness and self esteem
- \* Improve your concentration
- \* Enhance your awareness and management of emotions



“Rei ki”

## Reiki Practitioner Training

We offer Tera Mai Reiki classes - Level 1, 2, 3 - to groups and individuals. Reiki is a very simple technique to learn and is not dependent on one having any prior experience with healing, meditation or any other kind of training.

## Reiki for Children

In this workshop the children get in touch with subtle energy and learn simple methods of using Reiki. This course is designed to be fun and interesting for children who have an awareness of their energetic being and would like to spend time in a nurturing, supportive atmosphere which allows them to explore their innate potential. Children have a natural awareness of healing energy and can often see it. They are very close to the flow of life. It is easy for them to learn Reiki. In this class we honor their unique perspectives and present Reiki a way they can understand.

- \* Sensing the energy field
- \* Reiki I attunement
- \* Healing with plants, animals, and people
- \* Reiki art and creative expression

\*excerpts from *The Gift of Reiki*. 2005. Bradford, S., Fischer, C., Roche, C.  
available at <http://bookstore.authorhouse.com/Products/SKU-000352822/The-Gift-of-Reiki.aspx> or <http://bookstore.authorhouse.com/Products/SKU-000494259/The-Gift-of-Reiki.aspx>