

## WHO SHOULD LEARN REIKI?

**EVERYONE!** Parents, children, teens and seniors, healthcare providers, child-care providers, educators and clergy. Everyone benefits from learning Reiki. It is truly a gift! Both giver and receiver benefit by tapping into this unlimited supply of life-force, life-supporting energy. Reiki healing is natural and gently balances life energies and promotes health and wellness.

Reiki also promotes harmonic living through its five principles:

## REIKI SPIRITUAL PRINCIPLES

*The secret method of inviting happiness*

*through many blessings....*

*Just for today*

*Do not anger.*

*Do not worry.*

*Be humble.*

*Be honest in your dealings with people.*

*Be compassionate towards*

*yourself and others.*

*~ Mikeo Usui (1865-1926)*

# BRING BALANCE INTO YOUR LIFE WITH REIKI



A gentle non-invasive hands-on approach helps relieve stress, promotes deep relaxation, harmony, wellness and balance. A wonderful healing practice.

ATLANTA REIKI CENTER

## REIKI WORKSHOPS

AtlantaReikiCenter.com

678-429-2550

## WHAT IS REIKI?

**Reiki** is life-force healing energy for stress reduction, relaxation and promotes healing.

The word Reiki comes from:

**Rei** = Spiritual/universal

**Ki** = Chi = Life force

**Reiki** = Spiritually-guided life energy

*Reiki* energy healing involves direct application (laying on of hands) of Chi for strengthening the energy system (aura).

Reiki is a self-empowering way of taking an active role in your well-being. It is a powerful tool for stress and pain reduction by supporting the natural healing processes the body possesses.

During a Reiki session the whole person is treated, mind – body – spirit, bringing the feelings of peace and well-being. Gentle hand placements of the practitioner creates a compassionate space in which to heal.

Reiki is simple, natural and safe, as well as a complement to other healing modalities, medical and therapeutic treatments without complications.

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**REIKI MASTER** Sheri Monack has been a Reiki practitioner since 1992. She received her training from Diane Stein and Francena Marie Hancock.

**Reiki I Workshops** are held on the third Saturday of each month, Noon - 4 p.m.

Reiki Level I class consists of:

- ~ History, Uses and Benefits of Reiki
- ~ Q&A
- ~ Level I Attunement
- ~ Hands-on practice - Hand Positions
  - How to do Reiki on yourself
  - How to do Reiki on others

**Reiki II Workshops** are held on the third Saturday of each month, 5:30 - 8:30 p.m.

Reiki Level II class consists of:

- ~ Discussion
- ~ Level II Attunement
- ~ Three Essential Reiki II Symbols
  - The meaning and use of each symbol
- ~ Q&A
- ~ Hands-on practice
  - Reviewing Hand Positions
  - Practice the Symbols
- ~ Distance Reiki

**Reiki III Workshops** are held on the third Sunday of each month, Noon - 3 p.m. or 5:30 - 8:30 p.m.

Reiki Level III class consists of:

- ~ Discussion
- ~ Two Essential Reiki III Symbols
  - The meaning and use of each symbol
  - Practice the Symbols
- ~ Q&A
- ~ Reiki Master attunement
- ~ Hands-on practice
  - Practice giving attunements

## WORKSHOP FEES

These Reiki classes are intensive learning sessions that include practical, hands-on training.

**Reiki I** training and attunement \$150.

**Reiki II** training and attunement \$150.

**Reiki III** training and attunement \$500.

**2-day Reiki Master Intensive** \$650

To register, submit a non-refundable deposit of \$25 (single class)/\$75 (intensive) to hold your place for the workshop. Payments are made by credit card on Paypal, or by cash. Certificate of completion awarded at each level. *Refer a friend to take the class and you both receive a \$50 discount.*

**\$125 Off 3-Class Workshop Special:** Must be paid in full by the end of the Reiki I workshop. This is to give you an opportunity to learn about Reiki and experience the Reiki I class before you decide to commit to the remaining 2 classes. They can be taken anytime in the next 6 months that you choose to take them.

Diane Stein's book, *Essential Reiki*, is used as the reference for all classes, however, you don't need to purchase it for workshops.

## HOST A WORKSHOP

Would you like to host Reiki training for your friends or group, at your home or other space in your area? Gather 6 or more people and host a weekend-long Reiki Intensive Workshop (all three levels and all attunements). Call or email for fees and dates available. (Travel and lodging fees may apply for workshops outside of metro-Atlanta area.)