

Reiki Level 1 Syllabus:

It is the “initiation level”. Anyone can learn Reiki Level 1.

1. Opening the energy channels on a physical level
2. Flowing energy from the crown of the head to the helm
3. Getting familiar with Reiki energy
4. Training of how to perform healing sessions on the self and others.
5. Here, students experience an acceleration in their spiritual awareness and intuitive abilities.

Other Details:

Length of the course: 3 days, 2 hours per day.

Reiki Level 1 Fee: 149 USD.

Note:

- Please wear loose clothes.
- Do not wear black.
- Do not eat heavy foods before the healing.