

Reiki Healing Course

6 week course and attunement
with Carolyn Freeman

Local venue near Fleet TBC*

£185

Includes manual, attunement and certificate

**Saturday the 21st January to
Saturday the 25th February 2017
2:00pm - 4:00pm**

For more details, please
contact Carolyn
by phone on 01252 627505
or 07713 792913
or email at
cjf@reiki-spirit.org.uk
www.reiki-spirit.org.uk



* Venue dependent on numbers
To be held at either
43 Albany Road, GU51 3PU or
Ewshot Village Hall, GU10 5BX

Reiki Healing Course

6 week course and attunement

**A beginner's course to the benefits of
the Usui Reiki healing system**

- In this six week healing course, you will learn:
- How to become aware of your seven major energy centres
 - How to balance and cleanse your seven major energy centres
 - How to meditate on the energy centres
 - The colours of the chakra centres and their meanings
 - How to visualise the colours of the chakra centres
 - How to tune into your own energy and the energy of others
 - How to balance and ground your own energy
 - The healing hand positions

By completion of the course, you will be attuned to Level 1 Usui Reiki

This workshop is suited to novices and beginners to the Reiki healing system. All ages welcome*

Carolyn has been using the Usui Reiki healing energy system since 2007 and has been teaching since 2008 and she utilises the system in her daily life.

Carolyn uses energy awareness and Reiki to teach and help others intuitively.

Carolyn uses humour and individuality during group work so that all levels find her classes accessible, fun and interactive.

* Under 16s to be chaperoned by a responsible adult