

Introduction to Reiki Healing Workshop

with Carolyn Freeman

Local venue TBC*

£30

**Saturday the 14th January 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



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

Introduction to Reiki Healing Workshop

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

In this two hour healing workshop, you will learn how to:

- Become aware of your seven major energy centres
- Meditate on the energy centres
- Visualise the colours of the chakra centres
- Tune into your own energy
- Balance and ground your own energy

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