

ANANTA YOGA

Reiki 1 Certification Course

with Maria Favocci

Sunday, March 6 th, 2016, from 10:30AM- 5:00PM

The Reiki 1 course is a one-day course which covers the following:

- What Reiki is
- Benefits of Reiki
- The Reiki Principles
- The History of Reiki
- Introduction to Chakras
- A grounding meditation
- Feeling energy
- Reiki Attunement
- Hand Positions for self treatment
- Hand Positions for treatment of others
- How to conduct a Reiki session
- Practical exercises of giving Reiki



In First Degree training you will receive attunements. These attunements are focused mainly on opening up the physical body so that it can then accept energy.

On completion of the course, you will receive an illustrated Reiki Manual, the First Degree Reiki Certificate as well as on-going support and advice.

Price: \$150

Contact for more info or to register: wayneyoga@gmail.com

973-696-YOGA (9642) ~ Ananta Yoga Studio ~ www.wayneyoga.com