

Dates for Reiki workshops

Any qualified practitioners for the relevant level or above can join the course for any of the day workshops (10am to 4pm)

Level 1

Deposit (non-refundable) transferable to the course £80

£250 for the whole course

Week 1 April 18th Reiki Level 1 10am to 4pm

The first will be like an introduction to reiki

£45 for the day for guest students

This will include:

- A history of reiki
- What is reiki?
- The levels and attunement explained
- Hasurei-ho - The three techniques

Gashoo Mediation – Stillness meditation

Joshin kokyu-ho – Purification of the Spirit

Kenyoku – Dry brushing

- The Reiju (The Attunement)
- Reiki Mawashi – Reiki current group exercise
- Reiki and the soul/ spirit
- Go Kai – The five Reiki principles
- Healing yourself and others (hand positions)

Week 2 April 25th 10am 1pm

- Hasurei-ho – The three strengthening techniques
- Healing reiju
- Preparing with space
- Contraction
- What to expect from a reiki treatment
- Ethics
- Practicing full body hand positions

Week 3 May 2nd 10am-1pm

- Hasurei-ho – The three strengthening techniques
- Healing reiju
- Basic anatomy and physiology (internal organs)
- Practicing full body treatments

Week 4 May 9th 10am- 4pm

An introduction to byosen

£45 for guest students

- Hasurei-ho
- The reiju- The attunement
- An introduction to byosen
- What byosen feels like
- How people get ill
- Detecting byosen (byosen scanning and reiji-ho)
- Order of a treatment
- Giving treatment by using these techniques
- Contraindication
- Consultation forms

Week 5 May `16th 10am – 1pm

- Hasurei-ho
- Healing attunement
- More basic anatomy and physiology (internal organs)
- Practicing using byosen scanning to give treatments

Week 6 May 30th 10am – 1pm

- Hasurei-ho
- Healing attunement
- More basic anatomy and physiology (internal organs)
- Practicing using byosen scanning to give treatments

Week 7 June 6th 10am – 1pm

- Hasurei-ho
- Healing attunement
- More basic anatomy and physiology (internal organs)
- Practicing using byosen scanning to give treatments
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Week 8 June 13th 10am – 4pm

Hand sequences and techniques for common modern ailments

£45 for guest students

- Hatsuirei-ho
- Reiju – The attunement
- Headaches (Usui)
- Insomnia (Usui)
- Asthma (Usui)
- Constipation (Usui)
- Hanshin chiryo (Usui)
- Obesity (Usui)
- Hesso chiryo – naval treatment (Usui)
- Migraine technique (not sure if Usui or Hayashi)

Week 9 June 20th 10am – 1pm

- Hatsuirei-ho
- Healing reiju
- Practicing techniques

Week 10 June 27th 10 – 1pm

- Hatsuirei-ho
- Healing reiju
- Practicing techniques

Week 11 July 4th 10 – 1pm

- Hatsuirei-ho
- Healing reiju
- Practicing techniques

Week 12 July 11th 10 – 4pm

- Hatsuirei-ho
- The reiju – The attunement
- An exam of 15 short answered questions aimed to make sure they understand reiki
- Assessment treatments
- Handing out certificates

Level 2

£325 for the whole course

£125 non refundable deposit that is transferable to the whole course

Any qualified practitioners for the relevant level or above can join the course for any of the day workshops (10am to 4pm)

Week 1 April 19th 10am – 4pm

Emotional healing, the power symbol and other techniques

Guest students £50

- Hasurei- ho
- The Reiju – The attunement
- Learning the Go Kai in Japanese
- Esoteric Buddhism
- The kiriku symbol and meditating with the symbol
- Sei heki chiryo
- The choku rei and how to use it. Meditating with the symbol
- Seeing byosen
- Gyoshi-ho – Sending reiki with the eyes)
- Practicing reiki using the techniques taught
- Consultations

They will be told that they have to find 2 case study clients are 4 treatments.

Week 2 April 26th 10am – 1pm

- Hasurei – ho (followed by reciting the principles in Japanese)
- Healing reiju
- Cells and the skin system outline
- Practicing the sei heki chiryo

Week 3 May 3rd 10am – 1pm

- Hasurei – ho (followed by reciting the principles in Japanese)
- Healing reiju
- Skeletal and muscular system outline
- Practicing choku rei symbol and usage

Week 4 May 10th 10am – 4pm

Distant healing, the reiki breath and clearing byosen

Guest students £50

- Hasurei – ho
- The reiju
- The distant healing symbol
- Meditating with the distant healing symbol
- What it means and practice drawing it
- Enkaku chiryo and shashin chiryo (distant healing)
- Koki-ho (reiki breath)
- Hanshin koketsu-ho
- Practicing techniques

They will be ask to write an essay on subject related to something covered on the 2 workshops and let them know they will have an exam on the final workshop

Week 5 May 17th 10am – 1pm

- Hasurei – ho (followed by reciting principles in Japanese)
- Healing reiju
- Digestive and urinary systems outline
- Practicing drawing distant healing symbol and techniques

Week 6 May 30th 10am – 1pm

- Hasurei – ho (followed by reciting principles in Japanese)
- Healing reiju
- Reproductive system outline
- Practicing hanshin koketsu-ho and koki-ho

Week 7 June 7th 10am – 1pm

- Hasurei – ho (followed by reciting principles in Japanese)
- Healing reiju
- Respiratory system outline
- Practicing techniques

Week 8 June 14th 10am – 4pm

Cutting negative energy from yourself and others, detoxification, self promotion and other techniques

Guest students £50

- Hasurei – ho
- Healing reiju
- Jacki-kiri Joka-ho – Transforming negative energy
- Shu chu-reiki concentrated reiki group exercise
- Gedoku-ho – The detoxification technique *
- Jiko Joka ho – The method of self-purification *
- Oshite chiryo ho – A method of using pressure with the hands
- Business ideas and self promotion

Week 9 June 21st 10am – 1pm

- Hasurei – ho (followed by reciting principles in Japanese)
- Healing reiju
- Circulatory system (including lymphatic system) outline
- Practicing techniques

Week 10 June 28th 10am – 1pm

- Hasurei – ho (followed by reciting principles in Japanese)
- Healing reiju
- Nervous system outline
- Practicing techniques

Week 11 July 5th 10am – 1pm

- Hasurei – ho (followed by reciting principles in Japanese)
- Healing reiju
- Endocrine system outline
- Practicing techniques

Week 12 July 12th 10 – 4pm

The assessment and certificates

- The reiju
- The exam of 10 short question including drawing all three of the symbols and explaining what they mean and how to use them
- Sharing reiki (giving enough time for the exams to marked)
- Other techniques
- Presenting certificates

Master/teacher level (part 1) start date is September Friday 14th and will run every Friday until December 7th except October 12th

Master/ teacher level (part 2) start date is January Friday 11th and will run every Friday until April 6th except February 15th

Level 1 will start again in September Wednesday 12th and will run every Wednesday until December 5th except October 10th

Level 2 will start again in September Thursday 13th and will run every Thursday until December 6th except October 11th