

Ushui Reiki Training

All courses will last for 1 full day or 2 day parts (afternoon and following morning). Classes are mostly held on a one to one basis but small groups can also be arranged. For the full day courses, please, bring your own lunch, drinks and fresh fruit will be provided. Work manuals in English are included in all courses, classes are held in English or Dutch.

Costs; **Level 1 € 125,-** **Level 2 € 175,-** **Level 3 € 250,-**

Level 1

No previous experience with energy work is necessary to learn Reiki level 1. Initially with Reiki 1 you will learn to work with energy on a basic physical level for yourself and after a period of practice also on others.

The course will cover;

Introduction to the course, layout of the day	meditation
History – principles.	Introduction to the first symbol.
What is Reiki, how does it work, use of intent.	Break - Lunch
Working with intuition, grounding & protecting	Attunement
Energy flow exercises	Practical session – provide handouts for hand positions.
Practice sensing the energy.	Provide certificate.

level 2

The focus of Reiki level 2 lies on emotional, psychological and distance healing. For attunement to level 2, a level 1 attunement and at least 1 month practice is a pre-requisite at Lotus La Marina.

Course will cover;

Introduction & discussion	Introduction to the symbols
Chakra system.	Mandala's
Meditation, breathing and energy flow enhancing exercises	Break / lunch
	Attunement

Practice

certification

Reiki Level 3

For level 3, the level 1 and 2 attunements and at least 6 months experience are a pre-requisite at Lotus La Marina. The level 3 or master level is the focus of deeper spiritual healing and is of interest to people who are committed to serious energy work.

The course will cover the following;

Introduction

Introduction to the symbols

Discussion of experiences with energy healing work

Attunement

Spiritual path, life changes.

Practice Reiki treatment

Additional Practices – meditation, breathing, other healing tools - crystals, sounds bowls and tingsha.

Practice with additional tools

Certification

Teaching Certificate

By request and following discussion only.