



Attune to the fabulous energy of Reiki. Learn how to treat yourself and family members or progress to become a Reiki Practitioner and Master/Teacher level.

Reiki training days consist of one or two consecutive days of attuning to the Reiki energy within your chosen level. Both Reiki training levels provide you with a certificate and manual.

Class levels are kept small to ensure you get all the time and support you'll need, to learn the techniques and symbols involved in receiving and giving Reiki.

Traditional Usui Reiki Training - Level One (Healer Level)

Wednesday 27 June 2012

Attune to the fabulous energy of Reiki. Learn how to treat yourself, family members and pets. Includes certificate and Manual.

You will receive four attunements, opening you up to Reiki energy and increasing the overall flow of energy within your system. You will learn the history and background of Usui Reiki healing. Following this, you will be guided through the techniques involved in giving yourself a Reiki treatment and how to treat family, friends and pets. There will be in-depth training and lots of time to practice the techniques during class.

It is recommended that you wait at least three months before you attune to the next level of Reiki.

Traditional Usui Reiki Training - Level Two (Practitioner Level)



Date to be confirmed

Attune to the fabulous energy of Reiki Level II and progress to become a Reiki Practitioner. Learn how to treat yourself, friends, family and clients. Includes certificate and Manual.

You will receive two further Reiki attunements, which will greatly increase the flow of energy within your system. You will be shown the distant healing process and its benefits. Level two is about emotional and mental healing, along with ethics and techniques on how to give a professional treatment and become a practitioner of Reiki should you wish to.

Training days are ideal for those to recharge their Reiki attunements and receive a certificate to confirm their continued development.

Helen is 'A Member of the Reiki Association, a community of people initiated into Reiki'

Workshop details:

Time: 10am – 3pm

Venue: South Cliff, Eastbourne, East Sussex BN20 7AF

Cost: £90 for Reiki Level I Training and £150 Reiki Level II Training including lunch and refreshments.

A 50% non-refundable deposit will secure your place with full payment at least one week before.

To book a space complete the booking form overleaf or for more information please contact Helen on 01323 732056, 07979 815411 or email info@healing-essence.co.uk

Helen is Usui Reiki Master/Teacher. A Level II practitioner in Angel Reiki and Reyad Sekh Em. She has been Blissfully Awakened on the Spiritual Awareness and Self Development Course 'Blissful Awakenings'.



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Email: info@healing-essence.co.uk
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Helen McCarthy Reiki Training 2012 Workshops Booking Form

Thank you for booking on your chosen Reiki Training Workshop.

I would like to book the following training

A 50% deposit is payable to confirm your place on a workshop (please enclose with this form).
Full payment is required 1 week before the workshop commences.

Traditional Usui Reiki Training Level I – **Wednesday 27th June** (£90)

In addition

- I would like to book a reiki healing session – date to be confirmed (£33 for 1 hr)
- I would like further information on healing therapies, workshops, or the Ascended Masters of the Light Oracle Cards

Name: Mr/Mrs/Ms/Miss) _____

Address: _____

_____ **Postcode** _____

Tel No. (day): _____ **(Eve):** _____

Mobile: _____ **E-mail:** _____

I enclose a cheque to **Mrs H S McCarthy** for £ _____ per person x _____ = £ _____ total.

Date _____ Signature: _____

(Opt in) Please add my name to your mailing list. I understand that you do not pass on my details to other practitioners or mailing lists.

Special dietary requirement/comments:

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Upon receipt of your booking form and deposit payment I will send an email confirmation to you, this includes details of the workshop or event, directions to the location and any special information you have requested.

Many thanks for your booking.

Helen McCarthy