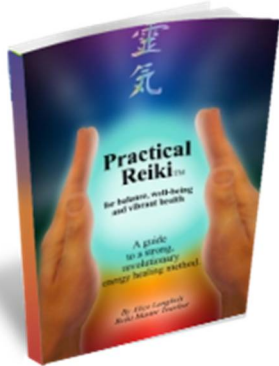


# Practical Reiki Workshop - Level One Certification with Reiki Master Teacher, Alice Langholt.

Saturday, April 22, 2017, 10 am- 3:30 pm at Massage Associates, LLC



Regardless of your experience with intuition or energy healing, you can easily learn this empowering, gentle and simple healing technique to achieve more balance, well-being, vibrant health for yourself or offer to others. Each participant will receive Practical Reiki Level I Certification.

## **This Workshop will include:**

- What Reiki energy healing is all about and how it really works
- How Practical Reiki works without symbols, hand positions, and rituals
- Intention and Attention - the powerhouses of energy work
- Your Intuition - how to recognize, work with, and strengthen it
- Chakras - their essential function, and how to remember each one easily
- How to sense energy and how scanning works.
- Self-healing for improving your own health, emotions, and circumstances.
- Healing for others, to correct imbalances in body, thoughts and emotions.
- What Attunements are and what they do for you.
- Three ways to apply **Distance Healing** across time and space.
- How Reiki increases spiritual growth.
- Q & A and practice exercises to get you started with confidence.
- Receive Practical Reiki Level One Attunement and use Reiki immediately

**Cost: \$127 per person. Pre-registration is necessary, as space is limited.**

**Register online at [Massage.com](http://Massage.com) or call 240-780-8444.**

**Please note:** *Practical Reiki* book and *The Practical Reiki Companion* workbook required – get in advance, or in class \$20/set