



## Reiki Level I

In this course, you will learn the basics of Reiki, as it is generally taught and practiced by Reiki Masters, and you will have a foundational understanding necessary for self administering its healing principles. We will touch on the history of Reiki as well as its different Eastern and Western branches, principles that govern the practice of Reiki, and both the basic and more complex philosophies concerning the body's energy and how it impacts the healing process.

At the end of the course, your understanding of Reiki principles and practices should be comprehensive and you should be ready to regularly implement the lessons.

Reiki Level I is a certificate course that you can use for personal healing and through daily or weekly practice on yourself, regular meditation and an integration period of at least 21 days, you will prepare yourself for the next level of Reiki. Reiki level II is a continuation of level I and will teach you to help heal others.

Classes taught by Trish Ottone 905- 392-9049 and  
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