

Reiki Training

Level 1 • Level 2
Plus Introduction to
Crystals & Reiki

NOTE:
Dates have
changed



Rosalind Nichols
Certified Reiki Master
Certified Thai Yoga Massage
Registered Yoga Teacher

For more information visit:
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Reiki is a simple, natural and safe Japanese technique that balances the body's own energy to promote healing, help reduce stress and aid in pain relief. When the body is in a state of relaxation it has the opportunity to heal itself physically and mentally. Reiki is a non-invasive, gentle, hands-on touch relaxation system that anyone can learn. You can practice the gift of Reiki on yourself, others, pets, and plants.

Reiki Level One

Certification in Reiki Level 1 will attune you to the universal energy. You will learn about the history and the concept of Usui Reiki Ryoho, Energy Fields, Chakras and the Aura. There will be instruction and guidelines for providing a Reiki session to someone else and how to self-treat with Reiki.

Reiki Level Two

If you choose to deepen your knowledge and strengthen your energy with a Certification in Reiki Level 2 you will receive a second attunement and learn to send Reiki energy through space and time in order to heal from a distance. Reiki Level 1 training with Rosalind is a pre-requisite for this training.

Introduction to using Crystals with Reiki

Explore the use of crystals and stones for meditation and while practicing Reiki on yourself or others.

3 NEW Training Dates at Ignite Yoga Center

Reiki Level 1 Certification - Sunday, July 20, 12 - 6 pm - \$125

Reiki Level 2 Certification - Sunday, August 10, 12 - 6 pm - \$175

Intro to Crystals with Reiki - Sunday, August 24, 1 - 4 pm - \$50

Pre-registration is required! Register online, via phone with Daniele or Roz or in person at the Ignite studio.

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