

REIKI LEVEL 1 COURSE

SELF TREATMENT/ HEALING



TUESDAY 20TH AND WEDNESDAY 21ST FEBRUARY 2024
10.00AM - 4.30PM BOTH DAYS

REIKI IS JAPANESE FOR
‘UNIVERSAL LIFE FORCE ENERGY’.

LEARN HOW TO CHANNEL UNIVERSAL LIFE
FORCE ENERGY FOR THE WELLBEING OF
YOURSELF, OTHERS AND THE PLANET.

INCLUDED ON THIS COURSE:

- Meditation for Reiki connection.
- Self-treatment hand positions.
- Chakra (energy centre) awareness and balancing.
- Dry body bathing – self-clearing for everyday use.
- Attunements – opens the energy centres.
- Chair treatment for friends and family.
- A manual and Reiki level one certificate.



£200 FOR BOTH DAYS

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Your Reiki Teacher

Annabel Fox trained under ‘Reiki Hands and Feet’ in Australia starting with level one in 1996 and onto level two, Masters and finally became a Reiki Master Teacher in 2000. Annabel has been practising and teaching Reiki for 22 years.

What Is Reiki?

Reiki is awakened within a student during a Reiki course through meditation and attunements. These open the energy centres allowing the recipient to become a clear channel for this life force energy. This energy is and has always been present from the moment of birth, before and beyond. Reiki is spiritual in nature and is not a religion. There is nothing you must believe in, in order to learn and use Reiki. It is not dependent on one’s intellectual capacity or spiritual development, and therefore is available to all.

It has successfully been taught to thousands of people of all ages and backgrounds throughout the world.

What Can Reiki Do?

Reiki can help us find our way back to our natural state of well-being.

Reiki simply works in accordance with this natural state of self-healing and the body’s ability to heal itself. It re-establishes a state of balance/equilibrium on all levels. It balances the body’s energies and clears blockages, and toxins. It is deeply calming and relaxing. It reinstates our belief that we can heal ourselves.

Before The Course

You are advised to do a one-week de-tox. This includes eating fresh fruit and vegetables and increasing intake of water. Spending time with nature.

During the Reiki course you will experience a shift – physically, emotionally, mentally and spiritually, and this de-tox will enable you to go through these shifts more smoothly.

What To Wear

Comfortable clothing. Trousers not skirts as easier for sitting.
Preferably non synthetic as Reiki does not flow well through synthetic material.

What To Bring

A photograph of you for our student files.
Lunch for both days. A water bottle. A favourite blanket.

The Cost

£200 (£100 deposit required to book a place). If you have already done your Reiki level one training and wish to do a Reiki Refresher the cost is £70.