

Reiki for Self-Care

My goal with this new class is to help you build a self-care Reiki practice that will help you establish a stable foundation of calm, well-being and freedom from stress that will carry you through your daily life, and that you can also draw on in challenging times.

In this class you will: learn about the history of Reiki; receive an attunement; learn to access Reiki, how to tune in to where your body would like to receive Reiki, learn to give yourself a session, and come up with a workable strategy for making self-Reiki a regular practice in your life. You'll receive a certificate of completion for the class. Best of all, you'll learn a powerful self-care practice and become part of a group of other practitioners who are committed to using Reiki for their own care and personal transformation.

Who can sign up: Anyone, including teens. You can even come learn this with your kids! If you're already Reiki-trained, this is a chance to receive another attunement and establish a deeper self-Reiki practice.