

Usui Reiki Level 1 – Awakening to Reiki Energy

Course Duration:

1 day (approximately 6–8 hours)

Description:

Discover the foundational principles of Usui Reiki and awaken your connection to universal energy in this transformative Level 1 training. Designed for beginners, this course introduces the art of energy healing, self-care, and the Reiki hand positions.

Through guided practice and attunements, you'll learn to channel Reiki energy for self-healing and supporting loved ones. This immersive training empowers you to begin your Reiki journey with confidence, unlocking a deeper sense of balance, harmony, and spiritual awareness.

Key Highlights:

- Introduction to the history and principles of Usui Reiki.
- Learn the basic hand positions for self-healing and treating others.
- Receive four Reiki Level 1 attunements to connect with Reiki energy.
- Explore practical techniques to incorporate Reiki into daily life.

Perfect For:

Anyone seeking to deepen their connection to energy healing and embark on a personal or professional healing journey.

Learning Objectives:

- Gain an understanding of Reiki and its history.
- Learn the principles of Reiki and how to apply them in life.
- Experience self-healing techniques and Reiki for others.
- Receive attunements to open your energy channels.