

Reiki Level 1 Training

at



Alternate Solutions to Everyday Stress

YOGA
 MASSAGE & REFLEXOLOGY
 EAR CANDLING & NATURAL HEALTH
 REIKI

83 Woodbridge Ave, Sewaren, NJ 07077
 732-750-8767 connect@comfortandbalance.com

What is Reiki?

Reiki (pronounced ray-key) is a healing method recognized by the National Institute of Health. Reiki is a non-invasive practice in which the practitioner places her hands lightly on or just above the client with the intent to transmit high-frequency healing energy. This technique is used to alleviate physical, mental, emotional & spiritual imbalances which the body is now experiencing as dis-ease. The Reiki energy brings the clients back into balance so that healing can occur.

What Can Reiki Help With?

- Stress Pain - chronic and acute
 - Anxiety and Depression
 - Weight loss
 - General well-being, clarity and focus
 - Overcoming the effects of trauma
 - Insomnia
- Reiki is now used and prescribed in hospitals & clinical settings. It is recognized by the NIH as a CAM (Complimentary Alternative Medicine). Reiki can be used alone or as a supportive tool for traditional medicine.

Who Can Take Reiki Level 1 Training?

Anyone! Reiki Level 1 training is for everyday people to come and learn how to use Reiki on themselves and on their loved ones and friends. You don't need any experience or special background. Ages 12 and up welcome.

Level 1 Reiki Training Includes

- Receiving the First Degree Reiki Attunement, which connects you to the unlimited source of Reiki energy
- An overview of the meaning, purposes, effects and history of Reiki energy therapy
- Procedures for giving a complete Reiki treatment to others and oneself
- Supervised practice sessions: giving and receiving a full Reiki treatment
- Manual & Certificate of Completion

Date: Saturday, March 2, 2019, 2-7pm

Place: Comfort & Balance, 83 Woodbridge Ave., Sewaren, NJ 07077, 732 -750-8767

Fee: \$ 165 check, cash or credit card. Call to register or sign up right on our website

Please bring a snack with a drink, wear comfortable clothes, and bring clean socks. Please do not plan to leave premises during the entire workshop. We have discussions during lunch.

| Level 1 Reiki Training Registration Form Sat, Mar 2nd – Return this form with your deposit | | | |
|---|--|----------------------------|--|
| NAME - Please print name as you would like it to appear on your certificate. | | | |
| ADDRESS | | | |
| EMAIL | | | |
| PHONE | | Are you allergic to lemon? | |
| Checks Payable to Comfort & Balance, email or call for Credit Card or Cash. Return this form with your deposit to Comfort & balance, 83 Woodbridge Ave, Sewaren, NJ 07077. connect@comfortandbalance.com | | | |