

## WHO SHOULD LEARN REIKI?

**EVERYONE!** Parents, children, teens and seniors, healthcare providers, childcare providers, educators and clergy. Everyone benefits from learning Reiki. It is truly a gift! Both giver and receiver benefit by tapping into this unlimited supply of life-force, life-supporting energy. Reiki healing is natural and gently balances life energies and promotes health and wellness.

Reiki also promotes harmonic living through its five principles:

### REIKI SPIRITUAL PRINCIPLES

*The secret method of inviting happiness  
through many blessings....*

*Just for today*

*Do not anger.*

*Do not worry.*

*Be humble.*

*Be honest in your dealings with people.*

*Be compassionate towards  
yourself and others.*

*~ Mikeo Usui (1865-1926)*

## BRING BALANCE INTO YOUR LIFE WITH REIKI



A gentle non-invasive hands-on approach helps relieve stress, promotes deep relaxation, harmony, wellness and balance. A wonderful healing practice.

ATLANTA REIKI CENTER

AtlantaReikiCenter.com

678-429-2550

## WHAT IS REIKI?

**Reiki** is life-force healing energy for stress reduction, relaxation and promotes healing.

The word Reiki comes from:

**Rei** = Spiritual/universal

**Ki** = Chi = Life force

**Reiki** = Spiritually-guided life energy

**Reiki** energy healing involves direct application (laying on of hands) of Chi for strengthening the energy system (aura).

Reiki is a self-empowering way of taking an active role in your well-being. It is a powerful tool for stress and pain reduction by supporting the natural healing processes the body possesses.

During a Reiki session the whole person is treated, mind – body – spirit, bringing the feelings of peace and well-being. Gentle hand placements of the practitioner creates a compassionate space in which to heal.

Reiki is simple, natural and safe, as well as a complement to other healing modalities, medical and therapeutic treatments without complications.

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**REIKI MASTER** Sheri Monack has been a Reiki practitioner for over 18 years. Sheri received her training from Diane Stein and Francena Marie Hancock.

## REIKI LEVEL I

Class consists of:

- ~ History of Reiki/Lecture
- ~ Uses for Reiki
- ~ Level I Attunement
- ~ Hands-on practice - Hand Positions
  - How to do Reiki on yourself
  - How to do Reiki on others
- ~ Q&A

## REIKI LEVEL II

Class consists of:

- ~ Lecture
- ~ Level II Attunement
- ~ Three Essential Reiki II Symbols
  - The meaning and use of each symbol
- ~ Hands-on practice
  - Reviewing Hand Positions
  - Practice the Symbols
- ~ Discussion: Distance Reiki
- ~ Q&A

## REIKI LEVEL III

Class consists of:

- ~ Discussion
- ~ Two Essential Reiki III Symbols
  - The meaning and use of each symbol
  - Practice the Symbols
- ~ Q&A
- ~ Reiki Master attunement
- ~ Hands-on practice
  - Practice giving attunements

## WORKSHOP FEES

These Reiki classes are intensive learning sessions that include practical, hands-on training.

**Reiki I** class and attunement – \$150<sup>‡</sup>

**Reiki II** class and attunement – \$150

**Reiki III** class and attunement – \$500

**2-day Reiki Master Intensive** – \$650

To register, submit a non-refundable deposit of \$25 (single class)/\$150 (intensive) to reserve your place for the workshop. Payments are made by credit card on Paypal, or cash. Certificate of completion awarded at each level. Refer a friend to take the class and you both receive a \$50 discount.

### <sup>‡</sup>\$125 Off 3-Class Workshop Special

Must be paid in full by the end of the Reiki I workshop. This is to give you an opportunity to learn about Reiki and experience the Reiki I class before you decide to commit to the remaining two classes. (\*\*You must complete classes within 1 year.)

## HOST A WORKSHOP

Would you like to receive a discount for you and your friends? Gather 6 or more people and host the workshop. For group prices and appointments. 678-429-2550 or [info@atlantareikicenter.com](mailto:info@atlantareikicenter.com).

Diane Stein's book, *Essential Reiki*, is used as the reference for all classes. (Useful but not needed for the class. Handouts are provided.)