

## Reiki Level 2 (FHT ACCREDITED)

(Two Day Course, plus x 4 Case Studies)

PRICE:£180.00

(Price includes lunch and Level 2 handbook).

At Level 2 you will be introduced to the three sacred symbols, their origins, their meanings and their uses. You will also learn distance healing and its application. The syllabus also includes:

- Meditation and creative visualisation.
- Healing and the law.
- Becoming a Reiki Practitioner.
- Awareness of the UK Reiki Federation Code of Ethics.

Following your attunement to Level 2 you will spend sometime during the course using the symbols during a treatment. You will then be expected to complete four case studies in your own time.

Your Reiki Master will be your mentor and provide you with support during your training, and beyond. You can also join our Reiki Forum to share experiences and follow the latest information on Reiki.

In addition you are also entitled to a student discount of 10% off all training materials and Reiki treatments.

### Level 2 Training Dates:

Saturday 19th & Sunday 20th Sept 2009

Saturday 17th & Sunday 18th April 2010

### About your teacher:

Dawn Hart is a Reiki Master Teacher in the Usui System of Natural Healing with a clear lineage to Dr. Usui via Mrs Takata.

- Dawn is also a qualified member of
- The Federation of Holistic Therapists
- The UK Reiki Federation
- A member of the Association of Therapy Lecturers.

## Reiki Level 3

(Master Practitioner-One day course plus 6 x case studies & 3 supervised treatments).

Price:£195.00

(Price includes lunch and Level 3 handbook).

At this level you are required to complete six case studies and will develop your skills with the Master Symbol.

## Reiki Level 4 - Master Teacher

Apprenticeship over an 18-month period.

Price: £450.00

You will be taught aspects of being a Reiki Teacher and will spend a period of time under supervision teaching and attuning students.

(the cost of this course will be payable as a monthly standing order e.g 12 x £37.50).

Levels 3 & 4 are at the discretion of your Master Teacher and will be taught at a mutually agreeable time.

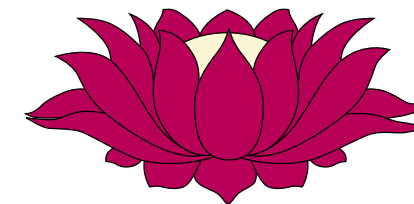
### Payment & Registration

Call Dawn on 01827 719926 for an application form. You will then be invited to attend an informal interview (or phone interview).

A £25.00 non-refundable deposit is required to book a place. You can spread the cost of training by standing order.

Reiki is taught in an informal environment with a maximum student number of 6 to 8 people in each study group.

The price of each course includes lunch, and training manuals. If you are unable to attend the course you must give at least 48 hours notice.



Amitayus  
Wellbeing

## Reiki Training

### Amitayus Wellbeing School of Reiki

189 Long Street Atherstone CV9 1AH UK

T 01827 719926 M 07930 316233

W [www.amitayus-wellbeing.co.uk](http://www.amitayus-wellbeing.co.uk)

## What is Reiki?

Reiki (pronounced ray-key) is a Japanese word that means 'universal life force energy'. It is an ancient hands on healing art that was reintroduced in the mid-19th century by Dr Mikao Usui in Japan. Reiki works to bring spiritual, mental and physical harmony and is ideally suited to treating ailments which have manifested through deep emotional problems.

Reiki is safe and non-intrusive. The client lies fully clothed on a therapy couch and during the course of a 55-minute treatment the practitioner will lay their hands on the body in certain areas where the persons energy feels weak, such as the head, stomach and chest.

There are 12 hand positions in total that the practitioner needs to perform during the treatment. It is a deeply relaxing experience for the client, and research has shown that it can help relieve a number of conditions which are related to stress as well as chronic conditions such as arthritis and asthma.

The whole process is about stimulating the body's natural healing energy and it works on a deep level removing physical and emotional blockages that may have been causing illnesses for sometime.

## Can anyone learn Reiki?

This wonderful practice is open to anyone with an interest in their own emotional and spiritual development. Reiki is a very personal journey that opens your heart and mind to a new way of life and once you have been attuned the energy of Reiki never leaves you.

At Level One you will develop your practice for emotional and spiritual growth, learning the basic practice of Reiki, including meditation techniques and the 12 hand positions for self healing. You will also be able to use your skills on your friends and family.

## What happens at Level 2?

At Reiki Level Two you will further enhance the skills learnt at Level One, with the introduction of three sacred healing symbols. You will also be taught additional hand positions for the treatment of a variety of conditions. Level Two allows you to practice Reiki as a qualified practitioner (providing you have a First Aid certificate & a qualification in anatomy & physiology).

## Will I have to do any course work?

As part of the Reiki training at levels 2, & 3, all students are required to complete a series of case studies before a certificate of competence is issued.



## How long does it take to become a Reiki Master?

When can you truly say that you have mastered something? It can take a lifetime of dedicated practice to become a Reiki Master.

This part of the journey usually begins between 18 months and several years after completing the Level 2 training. Students at the Amitayus Wellbeing School of Reiki are invited to attend Reiki Master and Master Teacher levels only when they have the experience of working as a practitioner and/or have shown a dedication to their spiritual practice.

Master Teacher Level takes approximately 18 months to complete and is done as a form of apprenticeship. You will be expected to help your Reiki Master during Level 1 & 2 training courses, in order that you receive a well-rounded experience as a Master Teacher.

## Training dates for 2009/10

Note that all of our training follows the UK Reiki Federation's Core Curriculum.

## Reiki Level 1

(Two Day Course) PRICE: £130.00 per person.  
(Price includes lunch and training manual).

This course is run over two days. The first day is an introduction to Reiki, where we will teach you the history of Reiki and its Buddhist origins, the 5 precepts and their meditations. You will also receive your first attunement.

On the second day you will practice the meditations and connecting with the precepts and receive a second attunement. You will also be taught the hand positions for self-healing and the hand positions for healing friends and family.

Reiki at Level 1 is about your spiritual development and after your attunement you are encouraged to self-heal for up to 21 days using the meditations and Reiki hand positions you have been taught. This will help you to balance both body, mind and spirit and enhance your use of Reiki.

## Level 1 Training Dates:

- Saturday 3rd & Sunday 4th Oct 2009.
- Saturday 27th & Sunday 28th Feb 2010.
- Saturday 12th & Sunday 13th June 2010.

A non-refundable deposit of £25.00 is required to reserve a place on this course. Please call or email for an application form.