

REIKI - Level 1 Training



Harness the universal life energy and
channel it through your body in order to
heal yourself and others

Saturday & Sunday,
June 21 & 22, 2008, 1-5 p.m.



This course is being taught by **Mary Sample**. She is a Reiki Master with over 10 years of Reiki experience. Learn more about Mary at her website at HolisticEnergyHealing.net.

Reiki is a system of natural healing that promotes relaxation and brings about a sense of peace and well-being. Reiki can be used to treat any level of being: physical, mental, emotional and spiritual. All that is needed to learn Reiki is the desire to do healing. No other prerequisites required. This training includes hands-on practice. Some of the topics that will be covered are smudging, chakras, energy medicine, and the Reiki hand positions.

Training will be held at Kokikai Aikido Dojo, 4115 Concord Pike – 2nd Floor, Tallyville Shopping Center, Wilmington DE. Cost for training is \$125.

Any questions or to sign up, call Mary Sample at **302-753-3707** or email msample@comcast.net. Bring your own lunch, snacks, and water bottle.

