



REIKI 1 CLASS DESCRIPTION & AGENDA

In this first Reiki class, you will learn the background and history of Reiki and how it is being widely used today. Reiki hand positions will be shown and practiced for self-treatment and the treatment of friends and family.

Prerequisite: None required

Instructor: Susan Horiuchi, Certified Reiki Master Teacher, Certified Meditation teacher, and founder of Reiki Shizen

Length: 2-day class (12 hours total)

Location: Issaquah Reiki center (address listed below)

Fee: \$400

The class fee includes a student manual and workbook, Level 1 attunements, and a certificate of completion.

Class Size: Maximum of six in-person attendees per class (minimum of two attendees for class to go forward).

- ♥ Introduction to Reiki 1
- ♥ What is Reiki? Reiki benefits
- ♥ Background, history, and lineage
- ♥ Reiki precepts
- ♥ Code of ethics
- ♥ Intuition and introduction to chakras/meridians
- ♥ Reiki treatment and process

- ♥ Hand positions for self-treatment
- ♥ Hand positions for treating others
- ♥ Self-treatment and treating others practice
- ♥ Reiki circle
- ♥ Tips for practice, integration, and next steps
- ♥ Research and resources
- ♥ Reiki Master to student Level 1 attunements

REIKI 2 CLASS DESCRIPTION & AGENDA

After learning the foundation of Reiki 1 with at least one month of practice and integration, you will be ready to increase the flow of Reiki energy. You will learn distance Reiki and address the mental/emotional issues requiring healing. The sacred Reiki symbols will be learned and you will experience how they work to help various situations to support positive outcomes.

Prerequisite: Reiki 1 (at Reiki Shizen)

Instructor: Susan Horiuchi, Certified Reiki Master Teacher, Certified Meditation teacher, and founder of Reiki Shizen

Length: 2-day class (12 hours total)

Location: Issaquah Reiki center (address listed below)

Fee: \$450

The class fee includes a student manual, Level 2 attunements, and a certificate of completion.

Class Size: Maximum of six in-person attendees per class (minimum of two attendees for class to go forward).

- ♥ Introduction to Reiki 2
- ♥ Introduction to sacred symbols
- ♥ First symbol meaning and writing practice
- ♥ Second symbol meaning and writing practice
- ♥ Third symbol meaning and writing practice
- ♥ Code of ethics and Reiki precepts review
- ♥ Using symbols in a treatment session

- ♥ Practice applying symbols in self-treatment
- ♥ Practice applying symbols in a treatment session
- ♥ Practice applying symbols for long-distance healing
- ♥ Sending Reiki to the past
- ♥ Additional applications for healing
- ♥ Tips for practice, integration, and next steps
- ♥ Research and resources
- ♥ Reiki Master to student Level 2 attunements