



**On the Spot Training School**  
01702 203001 / 07989280469  
[www.sallymorris.co.uk](http://www.sallymorris.co.uk)  
[www.massageonthespot.co.uk](http://www.massageonthespot.co.uk)  
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## Reiki 1 Workshop

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<b>DATES</b>	See Website
<b>TIME</b>	9.30 am to 5.30 pm
<b>COST</b>	£75 (payment through website)
<b>DURATION</b>	1 day course
<b>FACILITATOR</b>	Sally Morris
<b>VENUE</b>	On The Spot Training School, 12 Victor Gardens, Hawkwell, SS5 4DR

### OVERVIEW:

#### What is Reiki?

**Rei** means 'universal' and refers to spirit and soul, **Ki** means vital life force, which flows in all living things.

Reiki is a hands on, energy based, natural healing therapy that was rediscovered by Dr. Mikao Usui in 1914

#### Why learn Reiki?

Reiki is a simple form of healing, it helps to relax the body, clear the mind and balance the emotions. Reiki induces a sense of peace and profound relaxation and stimulates the body's natural healing ability.

Once you have been attuned you can tap into Reiki as an everyday energy and use it to help yourselves and others through times of difficulty, it can be used in any and all circumstances where energy exists and is an invaluable support during periods of change.

After attending a Reiki 1 course this universal life-force will be available to you throughout your lifetime like a good friend who is always there to guide and support you.

#### Description of Reiki 1 Course

This course is designed to provide you with the understanding and confidence necessary to practise Reiki. You will discover subtle levels of energy and how these relate to healing. You will learn about the history, principles and many uses of Reiki. You will receive the Reiki 1 attunement and learn through demonstration and practise how to treat yourself and others.



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## **COURSE CONTENT:**

### **Course Aims**

To provide students with the understanding, experience and confidence necessary to practise Reiki at level 1

- Introduce historic context, basic principles and uses of Reiki
- Introduce methods that create presence, stillness and connection
- Introduce concepts and exercises that relate to subtle levels of energy
- Provide attunement to Reiki 1 level
- To learn the hand positions for healing
- To experience using Reiki on self and others
- Promote an attitude of respect and care amongst students in relation to their own and other people's needs

### **Learning Outcomes**

- Explain Reiki from an historical perspective
- Describe the nature of Reiki; the basic principles and uses
- Show an awareness of subtle energy
- Reflect on experience of presence, stillness and connection
- Receive Reiki 1 attunement
- Demonstrate care for the receiver by responding to their comfort needs
- Demonstrate knowledge of hand positions
- Demonstrate self care through posture, body use and breathing
- Show consideration for other people by listening and responding respectfully to peers and tutor and communicate with honesty in the group

### **Content**

- Historical perspective of Reiki
- What is Reiki?
- Uses of Reiki
- Reiki Principles
- Subtle energies
- Guided meditations and energy sensing exercises
- Time for reflection and journal keeping
- Demonstration and practise of Reiki hand positions for self healing and for use with others
- Treatment options
- Boundaries, ethics and observational skills
- Self care through posture, body use and breathing
- Care of the receiver
- Keeping records
- Progression and support



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## PRACTICALITIES:

### Course Preparation

The following suggestions are to help you prepare for your attunement and will enhance your experience, please adopt as many as you feel able. They will help you get the most from the day:

1. Refrain from eating meat, fowl or fish for three days before attunement
2. No alcohol for at least three days prior to the attunement
3. Minimise your use of coffee and caffeine drinks
4. Minimise or stop eating sweets and chocolate
5. Smoke as little as possible, stop if you can
6. Meditate or simply sit in silence for at least 10 minutes every day for 1 week.
7. Go for more walks in nature and get regular exercise
8. Reduce your time watching television
9. Release anger, fear, jealousy, hate, worry etc. offer these emotions to the light and create a sacred space around you

Places are offered on a 'first come, first served' basis with a maximum number of six. It is advisable to book early to avoid disappointment.

Hot and cold drinks provided, please bring your own lunch.

Please bring a journal for writing in and something to write with. Information handouts will be provided.

## DIRECTIONS:

**By car** -There is ample residential parking in the vicinity (please be considerate to neighbours).

**By train** - Hockley Station is on the London Liverpool Street line to Southend Victoria and takes approximately 46 minutes. [www.nationalrail.co.uk](http://www.nationalrail.co.uk). The venue is a 10-15 minute walk from the station.

**By taxi** – If you prefer a taxi the local firm can be found usually outside the station or on Hockley taxis 01702 531531

**By walking** – From the station exit onto Spa Road, cross the road at the zebra crossing and you will notice a walkway behind railings, this leads you to Hawkwell Road. Follow the road all the way to White Hart Lane and you will see my road almost directly opposite. It is less than a 10 minute walk.

**Arrival** - When you arrive at the house enter through the door in the garage and walk straight through to the back garden where you will find the Training Centre, a warm welcome and a nice hot or cold drink.

**Please telephone Sally if you require further information on:  
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