

Reiki 1 Class

BASIC LEVEL



- Introduction to the Chakra Energy Systems
- Self-Healing - Healing Others and Balancing Methods
- Reiki Attunements
- Basic, Intermediate and Master Techniques
- For more information on Reiki and all of the healing properties visit www.reiki.org
- For more information on Deb Benton, LMBT, RMT, CC visit www.debbenton.com

Sunday, March 21st
9 am - 4 pm
330 West Glendale Ave., Mt. Holly, NC
\$175.00

You will learn Reiki History, Self Healing and Healing others, The Basics of Energy Anatomy. You will receive an Usui Reiki. We will also be practicing on each other throughout the afternoon, so you will also receive a treatment. Class includes: book, handouts, attunement, treatment and certificate.

Register by Mar 10 with \$25 deposit

Deb Benton, LMBT, RMT, CC
704-905-8998