

Reiki I & II Workshop Event Guide

October 2-3, 2021

I'm glad you are on your Reiki journey with me! Reiki is amazing and I can't wait to share in the energy of Reiki with you.

Here is some helpful information for an enjoyable and engaging Reiki workshop experience!

Before the Workshop

✓ **Prepare Your Sacred Space**

- Since we'll be meeting in our virtual classroom on Zoom and you get to learn from the comfort of your home, consider the best space to immerse yourself in Reiki. Ideally, you'll want to set your computer on a desk or coffee table or another stable surface for the classroom/interaction and have a place you can move to within earshot of the computer to recline/lie down (on a sofa, bed or yoga mat) for Reiki self-treatment, attunements and guided meditations. Or, of course, you can remain seated.
- Some students like to have a candle lit or have some aromatherapy oils on hand like lavender, peppermint, orange or another favorite.
- It is a good idea to have a light weekend so you can fully engage in the Reiki experience.
- You may want to have some water, tea, and snacks to make your learning experience most comfortable.

✓ **Journal Your Journey**

- Begin to take notice of what shifts you are experiencing in your life as a result of deciding to learn Reiki. Throughout the weekend, you may want to journal about the changes you are noticing. Also, set the intention for what changes you'd like to experience in your life as a result of connecting with the energy of Reiki.

✓ **Line up your Reiki Recipients**

- On Saturday, you'll need 1 person to work on remotely and on Sunday 1 person to work on locally. (Note: you could do Remote Reiki on someone in your home). **See details below.**

Reiki I/II Workshop Schedule

	Pacific	Mountain	Central	Eastern
Saturday	Saturday 8:30am - 6:30pm	Saturday 9:30am - 7:30pm	Saturday 10:30am - 8:30pm	Saturday 11:30am - 9:30pm
	90-min Lunch Around 1:00pm	90-min Lunch Around 2:00pm	90-min Lunch Around 3:00pm	90-min Lunch Around 4:00pm
	Remote Reiki 5:00pm	Remote Reiki 6:00pm	Remote Reiki 7:00pm	Remote Reiki 8:00pm
Sunday	Sunday 8:30am - 4:00pm	Sunday 9:30am - 5:00pm	Sunday 10:30am - 6:00pm	Sunday 11:30am - 7:00pm
	Hands-On Reiki 10:30am	Hands-On Reiki 11:30am	Hands-On Reiki 12:30pm	Hands-On Reiki 1:30pm
	90-min Lunch Around Noon	90-min Lunch Around 1:00pm	90-min Lunch Around 2:00pm	90-min Lunch Around 3:00pm

We'll also take 10-15 min Breaks throughout the event.

During the Workshop

- **Be Present**
 - Give yourself (and the group) the valuable commodity of your full attention and presence so close out of extra computer windows and allow yourself to fully dive into the Reiki experience.
 - Be sure you can attend the entirety of the sessions you are signed up for. Arrive on time or a few minutes early for each session.

- **In-Class Materials**
 - During class, I'll ask you to login to the Reiki Classroom Portal for some of our Reiki practice sessions.
 - There, you'll also find helpful resources like my Reiki Symbols guide and the Reiki Manual(s) for your Levels. I recommend printing the Symbols ahead of class, so you have them as a reference. You don't need to print the manual.

Remote Reiki

Saturday, around 5:00pm PT / 6:00pm MT / 7:00pm CT / 8:00pm ET

If possible, get permission from 1 person for the long-distance Reiki practice (you can even do “distant” Reiki for a person that lives in your house). Once you have your someone in mind, ask if they’d be interested in receiving Reiki during the class exercise. If you are reluctant to ask the person you have in mind, then in class you can ask permission in a different way (via what I call the “Cosmic Disclaimer”). Another option is sending Reiki to a pet, instead.

- This is done remotely (it doesn’t involve a phone call or having the person “on the line”).
- The recipient does not need to be available during the practice.
 - If they are available and they can meditate or lie down, you can let them know with a quick call or text when we get close to the practice time.
- The person or pet doesn’t need to have any kind of issue (health or otherwise).
 - Many seek Reiki to boost well-being and to experience a sense of peace and calm.
 - Most recipients of Reiki report feeling relaxed and clearer.

Hands-on Reiki

Sunday, around 10:30am PT / 11:30am MT / 12:30pm CT / 1:30pm ET

This guided Reiki treatment experience will last about 50 minutes.

Allow wiggle room in case we start up a little earlier or 30 minutes later.

In this exercise, I’ll be guiding you as you give a Reiki treatment to someone (person or pet) in your home.

Is there someone you can practice on in-person?

If you have a housemate or a friend that can come over you can give a hands-on Reiki treatment. The lucky recipient can relax on a massage table (ideal) or on a sofa, bed, or yoga mat (although this may be less comfortable for you as the practitioner).

Don’t have someone in-person to practice on?

- No problem! You can still get the full experience by practicing on someone remotely for this 50-minute session.
 - Unlike our first Remote Reiki exercise, ideally the recipient should be available and willing to completely relax and recline for the entire Reiki treatment (in their home).
 - They can either relax on their own, or if they’d like to hear the instruction you can call them at the time of practice and have your phone set on to speaker mode.

During the Workshop

- **Be Present**
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 - Be sure you can attend the entirety of the sessions you are signed up for. Arrive on time or a few minutes early for each session.
- **In-Class Materials**
 - During class, I'll ask you to login to the **Reiki Classroom Portal** for some of our Reiki practice sessions (details provided in your Welcome email).
 - There, you'll also find helpful resources like my **Reiki Symbols guide** and the **Reiki I & II Manual**. I recommend printing the Symbols ahead of class, so you have them as a reference. You don't need to print the entire manual.

I'm looking forward to seeing you at the Reiki Workshop - it's going to be amazing!

A handwritten signature in black ink that reads "Lisa". The script is fluid and cursive, with a large initial 'L'.

Your Reiki & Meditation Mentor

If you have any questions you can reach me at (720) 683-0444 or at lisa@lisaguyman.com