



Reiki Workshop Event Guide Birmingham, Michigan, October 7-10, 2022

I'm so 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

✓ **Preparing**

- It is a good idea to have a light weekend so you can fully engage in the Reiki experience.

✓ **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** (Reiki I & II only)

- On Saturday, in the Reiki II class you'll want to line up 2 people to offer Reiki to remotely at about 1:00pm. **See details below.**

✓ **Print the Reiki Symbol Handouts**

- Print out the Reiki symbols or if you don't have a printer, create a reference sheet of the symbols.

What to Bring with You

- **Sheet, blanket and pillow:** you'll want something to cover the massage table (like a twin sheet or a second blanket or beach towel) when it's your turn to receive Reiki. You may also want a blanket and a pillow to make your table treatment more cozy.
- **Bottled water, beverages and snacks** to make your learning experience most comfortable.
- **A mask:** There isn't a mask requirement, however masks are welcome.
- **Layers:** the room temperature fluctuates so dress in layers.
- **Yoga mat:** (optional) if you'd like to lie on the floor for the Reiki self-treatments or use it under your knees to support your back during your table treatment.



Reiki Workshop Schedule

Reiki I / II	Friday	6:00pm-10:00pm
Reiki I/II	Saturday	9:30am-7:30pm
Master	Sunday	1:30pm-7:30pm
Teacher	Monday	6:00pm-9:30pm

We'll take **10-15 minute Breaks** throughout the event.

90 minute "Lunch" Break on Saturday. We'll be taking a break as early as 1:30pm

- Little Daddy's (3-minute drive) in Bloomfield is great for carry-out (or to dine in).
- Whole Foods (10 minute drive) in Troy at Maple and Coolidge, with outdoor seating.

Class Venue

Birmingham Unitarian Church

38651 Woodward Ave., Bloomfield Hills, MI 48304

The building is located off of Lone Pine and Woodward. Look for a beige, brick building that appears more like a school than a church. Our classroom space, when facing the main entrance is to the far left and is called the Purple Room.

Accessing the Parking Lot from Lone Pine:

After turning onto Lone Pine (at the traffic light), in about 50 feet you'll see a driveway that flows into a large parking lot. You'll see a low sign that says "Birmingham Unitarian Church."

Accessing the Parking Lot from Woodward:

If you are driving South on Woodward from Long Lake, you can take a right into the parking lot from Woodward. It's a sudden turn into the lot from Woodward. Or, you can go past the Woodward entrance and turn right on Lone Pine, then right into the lot (see directions above).

Non-smoking campus: This is a non-smoking campus, prohibiting smoking in the parking lot, walkways, and grounds. If you smoke, please extinguish smoking materials while in your car. I apologize for any inconvenience this may cause you.



COVID-19 Agreement + Your Safety

For the safety and well-being of all attendees (and the venue):

- You must Not be diagnosed with COVID-19
- Un-exposed to COVID-19 in the past 10 days
- Free of any COVID-19 or variant symptoms
- We will be following the local COVID-19 recommendations and requirements of the venue.
- We will be following the Michigan venue protocols. Masks in the classroom and in the venue are not required, but are welcome.
- The heating and air conditioning (HVAC) systems at the venue have been upgraded to a higher filtration level with the use of MERV-13 air filters. HVAC fans are set to run continuously during room occupancy, and satellite air filtration units are in use in classrooms and smaller meeting rooms.
- All shared surfaces will be disinfected before class, and together we'll disinfect the massage tables after use. I will provide hand sanitizer, and you're also welcome to bring your own.

Reiki I & II

Remote Reiki Practice

Around 1:00pm Saturday

If possible, get permission from 2 people for the long-distance Reiki practice. Ask them if they'd be interested in receiving Reiki during our class exercise. Another option is sending Reiki to a pet.

- This exercise is done remotely, and the recipient does not need to be available (e.g., on a phone call) during the practice.
- If they wish to meditate or lie down, you can let them know with a quick call or text as we get close to the practice time.
- The person (or pet) doesn't need to have any kind of troubling issue (health or otherwise).
- People seek Reiki to boost their well-being, and to experience a sense of peace and calm. • Most recipients of Reiki report feeling relaxed and having greater clarity.



Reiki Master & Teacher Levels

There's nothing you need to do to prepare for for the Reiki Master Training and the Reiki Teacher Training.

Presence

Give yourself (and the group) the valuable commodity of your full attention and presence at the workshop, and allow yourself to fully dive into the Reiki experience. As you'll soon discover, the practice of presence is a key component to giving Reiki.

I look forward to seeing you at the Reiki weekend - it's going to be amazing!

A handwritten signature in black ink that reads "Lisa". The signature is written in a cursive, flowing style.

Your Reiki Mentor

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