



Reiki Workshop Event Guide

December 8-11, 2023

I'm glad you are on your Reiki journey with me! Reiki is amazing, and I can't wait to share 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, 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 (Reiki I & II only)**

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

Reiki Workshop Schedule*

	Pacific	Mountain	Central	Eastern
Reiki I	Friday 3:30pm - 7:30pm	Friday 4:30pm - 8:30pm	Friday 5:30pm - 9:30pm	Friday 6:30pm - 10:30pm
Reiki I / II	Saturday 8:30am - 6:30pm	Saturday 9:30am - 7:30pm	Saturday 10:30am - 8:30pm	Saturday 11:30am - 9:30pm
	Hands-on Reiki 11:00am	Hands-on Reiki 12:00pm	Hands-Reiki 1:00pm	Hands-on Reiki 2:00pm
	90-minute Lunch 12:30pm - 2:00pm	90-minute Lunch 1:30pm - 3:00pm	90-minute Lunch 2:30pm - 4:00pm	90-minute Lunch 3:30pm - 5:00pm
	Remote Reiki 3:30pm	Remote Reiki 4:30pm	Remote Reiki 5:30pm	Remote Reiki 6:30pm
Reiki Master	Sunday 8:30am - 5:30pm 90-minute Lunch 12:30pm - 2:00pm	Sunday 9:30am - 6:30pm 90-minute Lunch 1:30pm - 3:00pm	Sunday 10:30am - 7:30pm 90-minute Lunch 2:30pm - 4:00pm	Sunday 11:30am - 8:30pm 90-minute Lunch 3:30pm - 5:00pm
Reiki Teacher	Monday 3:30pm - 7:30pm	Monday 4:30pm - 8:30pm	Monday 5:30pm - 9:30pm	Monday 6:30pm - 10:30pm

*** Times are approximate.**

We'll take **5-10 minute Breaks** throughout the event.

Zoom details: You'll get an email reminder with our Zoom link each day of class, and you'll find a Zoom button inside the classroom portal. You can join the class 10-15 minutes early and relax to some music.

Reiki I & II

Hands-on Reiki

Saturday around 11:00am PT / Noon MT / 1:00pm CT / 2:00pm ET

This guided Reiki treatment experience will last about 50 minutes.

Allow wiggle room in case we start up to 15 minutes later

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

Is there someone you can practice on in-person?

If you have a housemate, you can give them a hands-on Reiki treatment. Your lucky recipient can relax on a massage table (ideally) or 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.
 - Ideally, the recipient should be available and willing to completely relax and recline for the entire Reiki treatment (in their home).
 - During the session, you'll be visualizing the Reiki treatment. Some Reiki Practitioners find it helpful to use a teddy bear or doll to visualize hand placements.

Remote Reiki

Saturday around 3:30pm PT / 4:30pm MT / 5:30pm CT / 6:30pm ET

If possible, get permission from 2 people for the long-distance Reiki practice (you can even do Remote Reiki with someone who lives in your house). Once you have someone in mind, ask if they'd like to receive 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 1 person and 1 pet.

- 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.

Reiki Master Level

Reiki is a path of awakening to who you truly are. It's more than just a healing practice - it's a path to your spiritual development. Achieving the Reiki Master Level can lead to profound personal and spiritual growth.

Go beyond the foundations of the Reiki I/II symbols and hand placements as you deepen your relationship with the 3 "P's" of Reiki:

- Practice
- Principles
- Presence

In this class, you'll explore and practice the **Energetic Release Technique**, which adds a new dimension to your Reiki practice and deepens your experience of Reiki. You can use this technique to facilitate the release of energetic blockages with your clients, clearing the way for greater inner peace and balance.

Reiki Teacher Level

Get a peek behind the scenes of the Teacher's perspective of Reiki! With this "360 view" of everything that goes into teaching Reiki, you'll also build your confidence in your practice of Reiki.

Achieving the Reiki Teacher level can be seen as a commitment to your spiritual growth as a Lightworker. It opens the doors to greater possibilities for your Reiki journey.

In this class, I'll demonstrate how to give a Reiki Attunement and walk you through giving Reiki Attunements to your classmates.

Some of my students have a passion for teaching group classes, while others enjoy the intimate nature of teaching 1:1 private classes.

Even if you don't plan on teaching Reiki, having the ability to give attunements can be a gift. There might be situations or moments where someone close to you is interested in learning, and you'll have the capacity to attune them and guide them in the practice of Reiki.

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

Your Reiki Mentor,

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