

# **REIKI COURSES with SUE PREADY**

MCSH, MNFSH, Dip.ITEC, Reiki Master/Teacher

## **THE TRADITIONAL USUI SYSTEM OF NATURAL HEALING**

### **REIKI 1st DEGREE (Shoden) - Beginners Level**

#### **Course Content**

The History & Origins of Reiki / The 5 Reiki Principles / Overview of the Chakra System / 1<sup>st</sup> Degree Attunements (4) / Hand Positions for Self-healing / Hand positions and guidance for treating others / Give & receive a seated treatment & a couch treatment / Short guided meditations / Links & resources

#### **Course Duration & Location**

Two days or equivalent (see website events page for dates). Additional course dates on request, depending on availability - please register your interest. Location: Welwyn Garden City (4 participants) and for larger groups periodically at The Strawbale Studio & Yurt, Michael's Folly, Epping Green, Herts (near Hertford) - where we can walk the woodland labyrinth together with reiki in our hearts [www.bitzia.co.uk](http://www.bitzia.co.uk).

#### **Course Fee**

£175.00 (Venue WGC) and £195.00 (Venue Strawbale Studio) - with a £50.00 deposit payable to secure your place. If you would like to experience a Reiki 1 Retreat weekend at the Strawbale Studio, please register your interest so that a suitable date can be arranged. Option of course review days @ £25.00 per day for those who have previously trained with me and would like to revisit their practice in the company of new reiki friends. Payments by cash, cheque or bank transfer. Gift Vouchers also available.

#### **Entry Requirements**

No previous experience required. Please note that at this introductory stage of your Reiki practice, it is important that you concentrate on treating yourself, family and friends only. Treating others on a professional level at this time would be inappropriate until further experience is gained and Reiki 2<sup>nd</sup> Degree successfully completed.

#### **Course Outcomes**

On successful completion of the course, all students receive a certificate, comprehensive manual and access to ongoing practice & development opportunities & reiki shares. The Reiki 1<sup>st</sup> Degree (or Level 1) training provides a wonderful standalone introduction to the all-round benefits of the reiki system of healing and to acquiring the basic skills for treatment of self and others, including plants and animals.

#### **For Bookings & Enquiries:**

Please contact Sue Pready on 01707 320027 (Tel) or 07929 980977 (Mob)  
or at [sue@thesoundandstoryspace.com](mailto:sue@thesoundandstoryspace.com)

Additional information sheet "**Reiki - the Secret Art of Happiness**" available on request.  
And why not join our "Sound & Story Space" Newsletter to keep in touch!