



The Sanctuary

LEVEL 1 REIKI WORKSHOP

Learn how to heal yourself and others with Reiki

When: Saturday 21st September 9.30am to 4.30pm

Where: The Sanctuary Calle Quintana Roo, Brisas de Zicatela, Puerto Escondido

How Much: 550 pesos per person (including delicious Vegan lunch)

Contact us on +52 (1) 954 122 4663 or healinghavensanctuary@gmail.com



Reiki is a Japanese technique for relaxation and healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The workshop will cover

- ▲ History of Reiki
- ▲ Energy and Matter
- ▲ What is Reiki?
- ▲ Reiki Attunements explained
- ▲ Attuning students to Level 1 Reiki
- ▲ Experiencing the energy
- ▲ Learning to treat yourself with Reiki
- ▲ Learning how to treat others with Reiki
- ▲ Other uses of Reiki
- ▲ Explaining the benefits of Reiki Level 2

In this workshop you will be attuned by a Reiki Master allowing you to share Reiki with others.

About the facilitators

Founders of [Ecopackin](#) Christian and Bek Young are accredited Reiki Masters who have been traveling the world sharing Reiki and other Energy Healing practices their goal in life is connect with like minded people just like you!

