

Reiki Healing Touch – Level 1 & Level 2
In-Studio Certification Workshop
Saturday, April 26th | 10:30 AM – 12:30 PM



What is Reiki? Reiki is a form of healing touch. Reiki is defined as “A healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient’s body and restore physical and emotional well-being.”

Where does Reiki originate?

Reiki was created by Mikao Usui in Japan in the early 1900’s. It has become popular in the US in the last 20 years.

Learn the basics of Reiki. Become Certified at the Reiki 1 & Reiki 2 Levels!

This level 1 & 2 certification will teach you how to use Reiki techniques on yourself, as well as apply them to others.

During this experiential workshop, you will be giving Reiki sessions to yourself and others.

You will learn:

- What is Reiki and how it works
- The relationship between Reiki and the chakras
- How to perform a Reiki session on yourself
- How to perform a Reiki session on other people and even on pets if you want to

Who should attend? Everyone Welcome to Attend!

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com



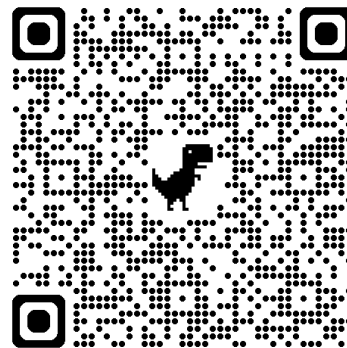
**Susan Weinschenk,
PH.D. & Meditation Teacher**

Susan Weinschenk has a Ph.D. in Psychology and over 30 years of experience as a brain and behavioral scientist.

She is an international speaker and workshop leader.

She has been a teacher at 5 Koshas since 2016.

Easy Ways to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link & you’ll be directed to the registration page.



FEE: \$55 with Discount Code: REIKI5 expires on April 22nd. **\$60** after April 22nd. Discount code is the word Reiki in all capital letters.

There are limited spaces available. Kindly pre-register in advanced.