



Pathways to Peace

YOGA & HEALING

Reiki Certification Courses

Reiki Level 1 Course Content:

- Reiki Basics, what is Reiki, how to use it, benefits, etc.
- Brief overview of history of Reiki
- Attunements
- The spiritual connection
- The power of intention
- Developing intuition
- Techniques to prepare your body and mind for a Reiki healing session
- Techniques to raise your own vibration
- Reiki techniques
- Grounding
- How to do Reiki on yourself
- Basic hand placements to do a full Reiki healing on a client
- Learn procedure of Reiki healing from start to finish

Reiki Level 2 Course Content:

- Review Reiki level 1 main points
- The Chakra system
- The Auric field – the 7 energy bodies
- Working with Reiki Guides, Angels, and Divine Healers
- Working with symbols
- How to do distant Reiki sessions
- Developing your intuition and performing a session intuitively



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Reiki Level 3 Course Content:

Note: Most people offer this as Reiki Master level. My level 3 is the same content of a typical Master level course without how to teach the course and do attunements on others. My course includes all the required content of Master level PLUS a number of advanced techniques not usually included in a typical Master level course. I do offer a Master Level when you have actually mastered Reiki as a practice and are ready to teach it.

- Review of level 1 main points
- Review of level 2 main points
- Using colours
- Creating specific vibrations
- More advanced chakra work
- Opening to release
- Clearing energies
- Using imagery
- Another symbol

Master Reiki Level Course Content:

- How to teach the Reiki course
- How to do attunements on others