

Reiki I & II

Presented by

The Goddess Festival

www.goddessfestival.com

In conjunction with

Igniting Spirit

www.ignitingspirit.com



Information and techniques covered in this 2-day intensive:

- The Reiki hand positions
- Giving a complete Reiki treatment for self and others.
- Japanese Reiki Techniques, as taught by Dr. Usui including: Gassho meditation, Reiji-ho, Byosen Scanning, Gyoshi ho, Koki ho, Kenyoku, and Jacki-kiri Joka-ho
- Hayashi Healing Guide
- Using Reiki for specific conditions
- The Reiki II symbols and how to use them
- Using Reiki to heal unwanted habits
- Distant healing
- Both Reiki Attunements are given

Sunday, March 14

and

Monday, March 15

\$350

Includes ICRT Manual

The class is a combination of lecture, discussion and experience. It is expected that you will set aside additional time to practice after the class is over. Please commit to this additional time to practice Reiki with one, or more, people from your Reiki class or with members of your family or friends. This additional practice is necessary to gain the experience and confidence you need to fully utilize the Reiki training.



Karen Hefner

After studying, experiencing, and practicing alternative modes of healing and shamanism for the past decade, Karen has dedicated herself to being in service as a catalyst for personal growth, expansion and healing. She is an Associate Teacher for the LightSong School of Shamanic Studies, an Usui/Tibetan Reiki Master, a Certified F.I.R.Ewalk Facilitator, and holds Master's degrees in Science and the Arts. She is also an ordained minister, cancer survivor, mother, and grandmother.

Karen's intention is to assist clients and students in finding their soul's path, their true self, their source of power and freedom.

Contact karen@ignitingspirit.com or call 503-936-9367