



REIKI 1 CLASS DESCRIPTION & AGENDA

In this first Reiki class, you will learn the background and history of Reiki and how it is being widely used today. Reiki hand positions will be shown and practiced for self-treatment and the treatment of friends and family.

Prerequisite: None required

Instructor: Susan Horiuchi, Certified Reiki Master Teacher, Certified Meditation teacher, and founder of Reiki Shizen

Length: 2-day class (12 hours total)

Location: Issaquah Reiki studio (address listed below)

Fee: \$350

The class fee includes a student manual and workbook, Level 1 attunements, a certificate of completion, and admission to two Reiki circles.

Class Size: Maximum of six in-person attendees per class (minimum of two attendees for class to go forward).

♥ Introduction to Reiki 1	♥ Hand positions for self-treatment
♥ What is Reiki? Reiki benefits	♥ Hand positions for treating others
♥ Background, history, and lineage	♥ Self-treatment and treating others practice
♥ Reiki precepts	♥ Reiki circle
♥ Code of ethics	♥ Tips for practice, integration, and next steps
♥ Intuition and introduction to chakras/meridians	♥ Research and resources
♥ Reiki treatment and process	♥ Reiki Master to student Level 1 attunements

REIKI 2 CLASS DESCRIPTION & AGENDA

After learning the foundation of Reiki 1 with at least one month of practice and integration, you will be ready to increase the flow of Reiki energy. You will learn distance Reiki and address the mental/emotional issues requiring healing. The sacred Reiki symbols will be learned and you will experience how they work to help various situations to support positive outcomes.

Prerequisite: Reiki 1 (at Reiki Shizen)

Instructor: Susan Horiuchi, Certified Reiki Master Teacher, Certified Meditation teacher, and founder of Reiki Shizen

Length: 2-day class (12 hours total)

Location: Issaquah Reiki studio (address listed below)

Fee: \$400

The class fee includes a student manual, Level 2 attunements, a certificate of completion, and admission to two Reiki circles.

Class Size: Maximum of six in-person attendees per class (minimum of two attendees for class to go forward).

♥ Introduction to Reiki 2	♥ Practice applying symbols in self-treatment
♥ Introduction to sacred symbols	♥ Practice applying symbols in a treatment session
♥ First symbol meaning and writing practice	♥ Practice applying symbols for long-distance healing
♥ Second symbol meaning and writing practice	♥ Sending Reiki to the past
♥ Third symbol meaning and writing practice	♥ Additional applications for healing
♥ Code of ethics and Reiki precepts review	♥ Tips for practice, integration, and next steps
♥ Using symbols in a treatment session	♥ Research and resources
	♥ Reiki Master to student Level 2 attunements