

Learn First Degree Reiki

Have you ever wondered why a child feels better when you put your hand on their wound? Touch really does induce healing. **Reiki** greatly enhances our touch, further opening our healing channel of universal life energy. This capacity remains for the rest of your life. Gain a better understanding and increase your confidence in your ability to make a difference to your **own** wellbeing and those you **care** about, even your pets. Reiki promotes healing, relaxation, pain reduction and brings balance to the body, mind and spirit.

Janine Hutchinson has been practicing energy medicine for over 20 years. Her past career roles included various areas of personal lines insurance and most recently, an elementary school teacher. She has other healing modalities but her passion is Reiki as she has experienced it's unique benefits in her own life and that of her family. As a Reiki Master/Teacher, she would love to share this with you by offering a Reiki I attunement for all who would like to begin to experience this wonderful healing energy. In the First Degree Reiki you will learn:

- Attunement to First Degree Reiki
- The History of Reiki
- The 5 Reiki Principles
- Benefits and Uses of Reiki
- The Chakra System
- Hand Positions for a Treatment
- Personal Benefits and Self Treatment

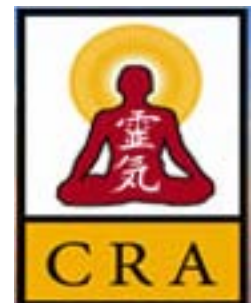
You will enjoy an interactive 7 hour workshop and a 1 hour follow-up class two weeks later. This follow-up class will be used to share experiences after you have experienced giving treatments. Be prepared to gain knowledge and have fun!

Sunday October 17th from 9:30am – 4:30pm at The Willow Yoga Studio, 1130 St. Vincent St. Midhurst 705.792.6011, ask for Kim

Workshop Fee of \$185.00 includes manual, hands on practice giving and receiving a treatment, certificate and snacks. Due to food intolerances, please bring your own lunch, microwave and refrigerator are available, thank you so much. Please contact me to give a date preference: 705.321.7109 or email janine@janinehutchinson.com

Janine Hutchinson, Traditional Usui Reiki Master certified with the CRA

www.janinehutchinson.com



CANADIAN REIKI ASSOCIATION