



Usui Holy Fire Reiki

Levels I & II

Attunement & Certification

Reiki Level I

Friday, August 27

6:00PM-9:30PM

\$175 per person

Reiki Level II

Saturday, August 28

10:00AM-5:00PM

\$225 per person

*Register for both Reiki I & Reiki II
for only \$350 (\$50 savings)*

Reiki is an ancient Japanese healing modality for the mind and body - a practice of channeling universal life energy with healing light and love. Activating healing energy involves opening and tuning the heart, third eye, and crown chakras to higher frequencies. Once attuned to Reiki, you can apply this healing practice to yourself and others as well as complement your Yoga practice.

Reiki Master, Kristin Joy, will guide you in meditations connecting to higher light vibrations, provide initiation through Usui Reiki lineage, and teach the guidelines for a healing energy practice. You will learn application and hands-on practice of symbols, chakra balancing and working with natural healing energy.

Kristin received Karuna Holy Fire Reiki Master certification from William Lee Rand, founder of the International Center for Reiki Training. Upon completion of the course you will receive a signed certificate of completion of your Usui Holy Fire Reiki I and/or II certification.

Attend one or both Reiki I or Reiki II sessions depending upon your current Reiki experience. Reiki Level I is a beginner class open to all. However, you must be certified at Reiki Level I to attend the Reiki II session.

If not already Reiki certified, we highly recommend attending both sessions consecutively to continue the flow of the higher vibration and to optimize the healing energy you receive in each class.

Pre-register online: <https://www.updogyoga.com/workshops/rochester-workshops>



www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 | 248.608.6668
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