

# Usui Reiki Level 1

## Attunement & Certification

with Reiki Master Heather Puzan

**Saturday, October 25**

**12:00PM-3:00PM**

**\$225 per person**

***Reiki II & Reiki Master Certification with Heather Also Coming November 22!***

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 and other healing modalities. Reiki I is a beginner level class open to all.

**Reiki Master Heather Puzan** will guide you in meditations connecting to higher light vibrations, provide initiation through Usui Reiki lineage, and teach guidelines and techniques for a healing energy practice. Heather is also a Personal Trainer, Pranic Healer and Shaman who has been practicing energy work for 17 years.

Upon completion of the course you will receive a signed certificate of completion of your Usui Reiki Level I certification.

***If you are already Reiki certified at any level and would like to attend this session as a re-fresh attunement and/or continuing education, you may do so for only \$75 by providing a copy of your Reiki certificate at registration.***

Space is limited and pre-registration required:

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



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