

# Usui Reiki Level II & Reiki Master

## Attunement & Certification

with Reiki Master Heather Gedz

**Receive Combined Reiki II  
& Reiki Master  
Certification In One  
Complete Session!**

**Saturday, April 18**

**12:00PM-5:00PM**

**\$400 per person**

*(Save \$50 if you also attended Heather's  
Reiki I at UpDog Yoga)*

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 Master Heather Gedz** 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. You will learn application and hands-on practice of symbols at the advanced Reiki II and Master levels, chakra balancing and working with natural healing energy.

Upon completion of the course you will receive a signed certificate of completion of your Usui Reiki Level II and Reiki Master certifications.

***Please note that you must already be prior certified at Reiki Level I to attend this Reiki II/Master certification.***

***If you are already Reiki II certified and would like to attend this session as continuing education and to receive your Master certification, you may do so for only \$300 by providing a copy of your Reiki II certificate at registration.***

Space is limited and pre-registration required:

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

