



INTRODUCTION TO THE CHAKRAS WORKSHOP

WHAT TO EXPECT?

Would you like understand more about the chakras
and the effect they have on our overall health and wellbeing?
Would you like to learn some practical ways to keep yours balanced?

If so then this one day workshop is ideal for you!

Workshop includes a take home manual, lecture on the history/psychology
of the chakra system. understanding each chakra in depth, colour therapy,
meditations, chakra dancing, crystal therapy, chanting/sound healing, Reiki.

The workshop will be 4 hours long and the cost is: £100 per person

SONIA RYLANDS - 0736 899 5743

(REIKI MASTER)

www.reikistars.com email: info@reikistars.com



FIRST DEGREE REIKI

Would you like to learn how to use the healing energy of Reiki?
Would you like to use it on yourself, friends, family and your animals?

Or

Would you like to become a Reiki Practitioner and work professionally?

I offer one day workshops for all Reiki Degrees including Master/Teacher level. All courses include a take home manual, attunement to each level, practice sessions, meditations and support and guidance throughout your journey with Reiki.

This course is suitable for anyone who wants to develop self-healing and share Reiki with friends and family. This thorough one day course will be the perfect grounding for your first attunement to Reiki.

It is suitable for complete beginners to practice energy work. You will learn how to treat yourself and others. You will be able to give Reiki to others in a non-professional capacity, including pets and plants. If you want to become a practicing healer then this is the perfect first step.

Includes your take home manual, meditations and certificate, practice sessions and support. Please message me with any enquiries or to book a place. £150

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SECOND DEGREE REIKI

Would you like to practice Reiki in a professional setting, and maybe set up your own Reiki practice? If so then this course is for you.

During this one day workshop you will learn the three sacred symbols and each of their specific functions and how to use these symbols.

You will also learn how to make and use a healing Mandala.

You will receive your second attunement which will help you go through more transformations with your own natural self-healing. You will also be taught the ethics of becoming a Reiki practitioner, with information about setting up your Reiki practice and details about insurances etc.

A manual and certificate are given on completion of this course and you will be able to practice in a professional setting.

You will need to have completed First Degree Reiki to do this course. Includes your take home manual, meditations and certificate, practice sessions and support.

The cost for this course is: £150

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REIKI MASTER QUALIFICATION

Would you like to practice Reiki at a more advanced level or do you want to teach and attune others to Reiki? Then this is the course for you!

During this third level of Reiki training you will be taught the Reiki Master symbol, and what it means, given a third attunement and taught to attune others. You will receive practical training to prepare you to teach Reiki to others if you choose to do so.

This one day workshop includes a take home manual, certificate upon completion, plus an invitation to join our group where we organise Reiki shares and support each other throughout our journeys.

(You must have completed Level 1 and Level 2 Reiki to do this course.)

The cost for this course is: £180

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