

## **REIKI LEVEL III CERTIFICATION Master/Teacher Class**

**Reiki** (ray-key) is an ancient Japanese healing technique that has been used for centuries for stress reduction, relaxation, and healing. The word Reiki means universal life force energy; the energy found in and around all living things. The aim of this healing energy is to balance all levels of being: physical, mental, emotional and spiritual as well as enhance the natural power of the body to balance and heal itself. It is utilized by individuals for both personal use and for the facilitation of others.

Classes are a combination of lecture, discussion, and practice. Participants should wear comfortable clothing. You will receive...

- Review of what it means to be a Reiki Master
  - Guided Meditation
  - Review of Reiki I
  - Review of Reiki II
  - Fire Dragon Exercises
- Instructions for Reiki Attunements
  - Review Fire Dragon Energy/Kidney Breathing/White Mist Breathing; Practice contracting hui yin
  - Discussion of Master Symbol
  - Demonstration and student practice for passing attunements

**Already taken Reiki III and need a Refresher?  
The Center offers refresher classes for individuals  
holding a valid certification.**

**[www.TheCenter4Wellness.com](http://www.TheCenter4Wellness.com)**

