

Unlock the Healing Power Within You with Reiki 1 Seminar

Reiki is a profound gift—a life-changing experience. The word Reiki combines "Rei," meaning Universal, and "Ki," meaning Life Force Energy. This ancient healing technique, rediscovered by Japanese scholar and scientist, Dr. Mikao Usui, taps into the universal life force energy that flows through all living things.

This energy is essential for your health and well-being. By learning to channel Reiki, you can restore your vital energy daily, bringing balance to your life on every level. As a Reiki 1 practitioner, you will learn to practise Reiki on yourself, friends, family, animals, and even plants—and they will eagerly seek more!

Reiki is life-enhancing, offering a unique way to rebalance your body's energy flow, which can easily become disrupted in our fast-paced lives. Reiki treatments are deeply relaxing, filling your body with a glowing radiance that promotes peace, security, and well-being.

Once you complete the Reiki 1 seminar, the gift of Reiki is yours for life. This sacred practice can only be passed on by a Reiki Teacher/Master who can personally connect you to this transformative energy. Join me to begin your journey into the world of Reiki - a gift that lasts forever!

How Reiki can help you:

Reiki is a highly effective to help with the following areas:

- Stress reduction and related pain
- Pain reduction
- Improving general immunity and wellbeing
- Making life changes
- Depression and anxiety
- Grief
- Emotional balance, self-esteem and mental clarity
- Fatigue and sleep problems

You will learn:

- a. History and origins of Reiki – including your lineage
- b. Energy – how it works (really!)
- c. The 3 levels of Reiki – benefits
- d. Intentionality of both the practitioner and the client
- e. Receive the sacred Reiki 1 - Attunement
- f. Treating yourself
- g. Treating others
- h. Your 21- day practise

You will receive a workbook and a Certificate of Completion on the day.

Venue:

Nature Care Wholistic Health Centre
Level 5
39-41 Chandos St
St Leonards. NSW. 2065

Dates:

Commencing monthly from May – exact dates to be advised

Cost:

\$600.00 incl GST

(Early bird – book now and pay in full - \$500 incl GST)

Places strictly limited to a maximum of 6 people per seminar

To book: 50% deposit is required; 50% paid 7 days prior seminar

Please respond by email and I will send you a tax invoice

Terms & Conditions:

1. The Reiki 1 program will be delivered over a period of up to six hours on the day specified.
2. Cancellations made up to seven days prior a session will be rescheduled. Cancellations made with two days prior a session will not be re-imbursed.
3. 50% of the program fee balance to be paid on booking to secure dates.
4. The remaining 50% of program fee to be paid within seven days prior the program date.
5. Payment to be made by direct deposit to nominated bank account.

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One to one sessions;

Jane is available for Reiki sessions at Nature Care Wholistic Health practitioner - Reiki, Counselling/Coaching, NLP is available on sessions on Mondays and Thursdays at Nature Care Health.

About Jane:

Jane is a highly experienced Reiki Master-Teacher and Holistic Counsellor. She has delivered over 500 hours of executive and life coaching. Her expertise is continually enhanced through ongoing studies and qualifications in various modalities of energetic medicine. Jane integrates mind-body medicine with detailed research to understand the key factors contributing to individual wellness.

Jane's background includes senior management roles in large corporate organisations. The stressful periods in her life prompted a deep exploration into holistic health, focusing on the well-being of the mind, body, and spirit. She has furthered her research focused on how accurately our intuition can be in all aspects of life.

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Certified Modalities:

NLP – Practitioner, Holistic Counsellor, Theta Healing, Kinesiology I & 2, Australian Bush Flower Essences, Bach Flower Essences, Reiki I & II & 111, First Aid Certificate