



Reiki Level 2 Training and Certification (ONLINE CLASS)

Saturday, May 2nd, 2019, 10am-4:30pm

Facilitated by Liz Disterhoft, LICSW and Reiki Master Teacher

Reiki practice connects you to your innate healing abilities, offering an effective way to help yourself and others. Reiki can be easily blended with caregiving roles and is a nurturing self-care tool. In this class you will learn Usui/Holy Fire Reiki Level 2 and take your Reiki practice to the next level by learning the Reiki symbols and receiving the second Usui/Holy Fire Reiki placement which will deepen your experience of Reiki and your ability to harness Reiki energy in your healing sessions. You will gain practical experience applying the second-degree symbols: the empowerment symbol, mental-emotional symbol and the distance Reiki symbol. These symbols will allow to you offer Reiki to help alleviate anxiety and to promote mental and emotional wellbeing for yourself and others and to offer Reiki without having to use your hands. They will also help you clear and protect spaces such as work, home ect. We will practice using these symbols and their applications through practice Reiki sessions and also practice how to offer distance Reiki healing. You will leave class certified in Reiki 2 with a deeper healing capability and ready to practice Reiki at a hospital or professional level.

Tuition: \$150. If you already have a copy of William Rand's Reiki: The Healing Touch Manual/
\$175. if you need a copy of the manual mailed to you before class.

Must already be certified in Reiki Level I of any lineage to attend Reiki II

Feel free to contact at 617-804-0905 or by email at innerlightboston@gmail.com with any questions or to register.