



## REIKI I: INTRODUCTION TO REIKI

Course Registration Number (CRN)

95620



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This class consists of 6 hours of instruction and practice. It focuses on meditation, Reiki foundations, level 1 attunement and basic hand positions to promote relaxation and wellbeing.

Reiki is a Japanese technique for stress reduction and relaxation that promotes health. According to the International Center for Reiki Training, Reiki is based on the principle that an unseen "life force energy" flows through us. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Reiki is a simple, natural and safe method that everyone can use. Recent research studies are finding evidence of the benefits of Reiki to improve overall wellness. For this reason, prestigious hospitals such as the Cleveland Clinic offers Reiki as a complementary service to patients. Reiki assists the whole person including body, emotions and mind creating a beneficial environment that promotes feelings of peace, security and happiness.

*Note: This is a personal enrichment class. It does not provide professional CEUs for healthcare or massage therapy professionals.*

**Lifelong Learning /  
Personal  
Enrichment Class!!**

**Fridays 1 pm to 3pm  
July 14, 21, and 28**

**Where?**

**San Jacinto College  
Central Campus  
Building C-1  
Classroom 108**

**Cost: \$95**

**(3 Weeks)**

**Required Textbook:**

**Essence of Reiki 1**

**(not included in  
course fee-available  
in campus bookstore)**

**Seating is limited, so  
early registration is  
important.**

**For registration or more  
information please call  
the Central Campus at**

**(281) 476.1840**

**or (281) 542.2020**