



USUI Reiki Level I Training & Certification
Saturday, March 11; 9am-4pm
@ Camélia House, 708 Jefferson Blvd
\$100

Upon completion of the course you will receive a Reiki Level I Certificate in the Usui System of Natural Healing.

We are all divine beings of light and resonance. Reiki is a beautiful way to bring your healing abilities to a new level and to connect with the unconditional love that is at the source of our oneness beyond duality. We will learn how to connect to this source of universal healing energy in order to awaken our own healing abilities. We will go through the attunement, interactive lectures, and corresponding hands-on exercises where we will begin to cultivate our relationship with energy and develop the understanding that is necessary to work with the energy of Reiki in order to bring ourselves and others into harmony within. You will receive the Reiki Level 1 attunements and learn about the spirit of healing and Reiki, the nature of the light body, the 7 main chakras and how to connect with the healing universal life energy.

In Reiki Level I you will Learn:

- The History of Reiki
- The 5 Principles of Reiki
- The 7 Main Chakras and Energy Centers
- What is Disease and How to Approach It
- How to Treat Yourself and Others
- Hand Placements for Self-Treatment
- Hand Placements for Treating Others
- How to work with Friends, Family, Children, Animals, Plants, and Clients



Program:

9am – 12 pm

- Introduction to Usui Reiki: History and Principles.
- Introduction to the Energy Centers.

12 pm – 12.30 pm

- Lunch break (bring your vegetarian bag lunch if you wish)

12.30 pm – 4 pm

- Attunement and Self-Treatment.
- Visualization with your Reiki Guide
- Practice (Hand placements for treating others)



Susana, teacher and Reiki Master, is from Spain, Europe. She has been learning, practicing and teaching spiritual techniques since 2007 (meditation, yoga, visualizations, reflexology... with adults and kids) She has been working with Reiki Energy since 2009. She got her Reiki Master and Yoga Teacher Certification in Louisiana.

Her Life Purpose is to be a healer and to communicate that LOVE is the most important and the



Maria del Mar, ND, Energy healer and Reiki Master, has been in contact with Natural Medicine in different ways. She is originally from Spain where she learned and worked as a Reflexologist, Energy Healer, and Meditation Instructor. She moved to Louisiana and received her certification as a Naturopath Doctor and Certified Natural Health Practitioner. She has a strong intuition and gift to help people reconnect to their bodies so they can enjoy the fullness of their Higher Selves .

