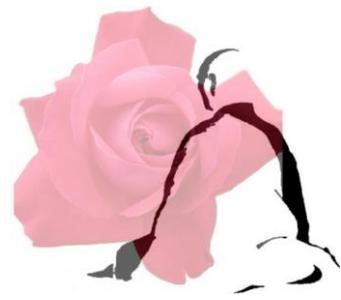


# Fact sheet

## Reiki 1 class



Saturday [date] and Sunday [date] | Both days start 09:00 and end 17:00

**Dear you,**

Thank you for signing up for the Reiki course. I'm looking forward to meeting you and introducing you to the healing and self development system of Reiki.

Once you decide to take a Reiki course things in your life begin to change. This process continues during and after the course. What changes? Well, I often see that fears, longings, things long forgotten and/or relationships are affected, sometimes in ways you wouldn't have imagined or actually don't want. But this is just life unfolding and it is both my belief and experience that you signing up for Reiki comes at exactly the time in your life when you are ready for these changes.

What about health issues – isn't Reiki about healing the body? Yes, it is but in Reiki we believe that ALL illnesses and events in life stem from beliefs, attitudes, lack of awareness, fears and other strong emotions. So healing the body is often only touching the surface. More and more as you progress through Reiki level 1, 2 and 3 (the teacher level) we work on this seeing.

But we start at the beginning, and that is Reiki 1 where we do focus on the body: Yours and the body of the recipient or client.

### **In the two-day Reiki 1 course you are taught:**

- ❖ What is Reiki healing and what is the history of this healing system?
- ❖ How to heal others and yourself (this is, of course, the main learning activity during the two days)
- ❖ Zenshin Koketsu Ho (ki massage)
- ❖ Grounding and presence exercises that form the base of your career as a Reiki healer
- ❖ Exercises that aim to open and focus your inner and outer senses (these are important prerequisites for Reiki 2 training)
- ❖ Reiki breathing and meditation exercises
- ❖ Reiki Qi Gong
- ❖ Reiki Gokai (Introduction to five ways of living a freer life)
- ❖ ... and you receive three initiations/blessings from me. The initiations can be thought of as me (and your own inner/higher self) nudging you closer to the light that is both in you and encompassing you.

# Fact sheet

## Reiki 1 class



### Practical stuff

1. **The course is held in [Roskilde or Gentofte/Copenhagen]**

[data]

2. **If possible, see if you can stay at home the day after the course**

This is so that the impressions and your energy system gently can settle down. Other than the outer teaching given during the two days there is also quite a bit of energetic and emotion remodeling taking place in you so an extra day off is nice (but if you can't you'll survive, all others have ;o).

3. **Food and drink**

I serve coffee, tea, water and fruit/cake. You bring your own lunch and snacks. There are no stores close by. You are welcome to use the kitchen. We try to have 45 minutes for lunch.

4. You are, of course, most welcome to contact me on my mobile +45 41850208 or email [jurichristensen@hotmail.com](mailto:jurichristensen@hotmail.com) if you have any questions or information to give me before the course.

5. **Price and payment**

The course costs 2.000 kroner split in two payments:

**Reservation is 500 kroner.** This amount is payed as soon as you have received this fact sheet and have decided to sign up. The 500 kroner are not refundable as they cover my time and preparation for your participation. You can, however, use the reservation payment for a later course.

**The actual course is 1.500 kroner** which is to be payed no later than 7 days before the course. If you can't join the course this amount is returned to you.

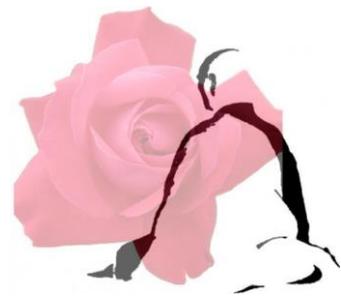
Both payments can be made either via MobilePay to my number [data] (Juri Christensen) or by transferring to my bank account:

Nordea | Reg. nr. [data] | [data] / ( Mark the transfer with: Reiki + [your name] )

If neither of these methods of payment are possible then please contact me.

# Fact sheet

## Reiki 1 class



### Living lightly

In the week up to the course it's a good idea to live as lightly as possible. Depending on your normal habits this might not be a great change, but please consider to:

- ❖ Eat (more) healthy and light foods
- ❖ Purge your body by not eating too many artificial foods and sweets and less alcohol and smoking (but don't get overzealous, just cut down a little)
- ❖ When you bathe open your body and senses to the cleansing quality of water
- ❖ Take walks in nature and get plenty of fresh air and happy thoughts
- ❖ Slow down
- ❖ Don't worry
- ❖ Get enough sleep
- ❖ Be open for changes in your life
- ❖ Arrive in good time before the course start time (09:00), wear comfortable clothes and bring warm socks.