

ReiKiGong I, II & III

GUIDELINES & SNAIL MAIL REGISTRATION

The ReiKiGong classes are very intense as we fill the agenda with a lot of energetic activity. It is recommended that you follow these guidelines for maximum benefit:

- Get good rest the night before the first day
- Eat breakfast no later than 8 AM on each day of the workshops
- Dress in loose fitting, comfortable clothing
- Dress in layers – weather permitting, we will be outdoors for part of the workshop

Please don't plan anything physically or emotionally demanding for either evening after the workshops – try to plan a nice relaxing evening at home or some gentle social event if anything. You may not feel like doing ANYTHING but taking a nice bath and going to bed early. You may want to get some bulk seasalt for that bath.

AGENDA (BOTH DAYS)

- Introductions/or review
- Day's Overview
- Qi-Gong
- Lunch Break
- Reiki Basics
- Meditation
- Attunements
- Reiki Treatments
- Closing

WHAT TO BRING

- A water bottle
- A teddy bear or other soft stuffed object/animal
- A journal if you wish – for documenting your own personal experience in the workshop (Essential Reiki by Diane Stein is a recommended reading – not required prior to the workshop)
- A list of people needing healing
- Healthy snacks only if you wish (for yourself) PLEASE DO NOT bring candy or other junk

WHAT TO EXPECT

- A diverse group of classmates
- An increase in your vitality, a reduction of stress, an improvement in vitality, clarity and balance
- Lunch, water and tea are provided (if you have food allergies, let me know ASAP – the lunch will NOT include beef, pork, dairy, pasta, wheat, white bread or foods high in sugars.

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- ReiKiGong I & II - 1st Day 10 - 4 Workshop Location _____
 - ReiKiGong III – 2nd Day 10 - 4 Workshop Dates _____

Facilitated by JoyRae Freeman – Master QiGong Instructor/Intra-dimensional Healer, Reiki Master Please Print this out, cut and return the form below with payment (**MUST PRE-REGISTER**) 838 Logan St. Helena, MT 59601 406-449-5537 www.reikigong.net

MAKE checks PAYABLE to Clarette C. Martin – We accept all major Credit Cards

LIST THE NAME FOR USE ON CERTIFICATE

NAME _____ Phone _____

Address _____ City _____ Zip _____

Email _____ List other healing/holistic classes you've attended.