

Rei-Ki-Gong I, II & III

GUIDELINES

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/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)

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, white breads or foods high in sugars.

By JoyRae Freeman – Master QiGong Instructor/Intradimensional Healer, Reiki Master
Please Print this out, cut and return the form below with payment (**MUST PRE-REGISTER**)
c/o Catiana 3990 W. Amazon Dr. Eugene, OR 97405 rkg@joy2u.org Keep Top Portion

Pay Online – OR Mail send bottom with Checks PAYABLE to Clarette C. Martin

EVENT Dates _____ Event Location _____ Chk encl ___ PD online? _____

NAME _____ Ph _____ Email _____

Address _____ City _____ Zip _____

Please list other healing holistic classes you've attended _____