

# 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.**

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By JoyRae Freeman – Master QiGong Instructor/Intradimensional Healer, Reiki Master  
Please Print this out, cut and return the form below with deposit **(MUST PRE-REGISTER)**  
c/o Journeys 805 Liberty St. NE – Salem, OR 97301 rkg@joy2u.org Keep Top Portion

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**Pay Online – OR Mail send bottom with Checks PAYABLE to Clarette C. Martin**  
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EVENT Dates \_\_\_\_\_ Event Location \_\_\_\_\_ Chk encl \_\_\_ PD online? \_\_\_\_\_

NAME \_\_\_\_\_ Ph \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Please list other healing holistic classes you've attended \_\_\_\_\_  
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