

# Reiki Level 1 Training & Certification



COMFORT & BALANCE  
*Alternate Solutions to Everyday Stress*

**Level 1**

83 Woodbridge Avenue, Sewaren, NJ 07077 732-750-8767 connect@comfortandbalance.com

## What is Reiki?

**Reiki** (pronounced ray-key) is a healing method recognized by the National Institute of Health. Reiki is a non-invasive practice in which the practitioner places her hands lightly on or just above the client with the intent to transmit high-frequency healing energy. This technique is used to alleviate physical, mental, emotional & spiritual imbalances which the body is now experiencing as dis-ease. The Reiki energy brings the clients back into balance so that healing can occur.

## What Can Reiki Help With?

- Stress Pain - chronic and acute
- Anxiety and Depression
- Weight loss
- General well-being, clarity and focus
- Overcoming the effects of trauma
- Insomnia

Reiki is now used and prescribed in hospitals & clinical settings. It is recognized by the NIH as a CAM (Complimentary Alternative Medicine). Reiki can be used alone or as a supportive tool for traditional medicine.

## Who Can Take Reiki Level 1 Training?

Anyone! Reiki Level 1 training is for everyday people to come and learn how to use Reiki on themselves and on their loved ones and friends. You don't need any experience or special background. Ages 12 and up welcome.

## Level 1 Reiki Training Includes

- Receiving the First Degree Reiki Attunement, which connects you to the unlimited source of Reiki energy
- An overview of the meaning, purposes, effects and history of Reiki energy therapy
- Procedures for giving a complete Reiki treatment to others and oneself
- Supervised practice sessions: giving and receiving a full Reiki treatment
- Manual & Certificate of Completion

**Date: Saturday, March 14, 2-7pm, sign up by March 7<sup>th</sup>**

**Place: Comfort & Balance, 83 Woodbridge Ave., Sewaren, NJ 07077, 732 -750-8767**

**Fee: \$ 165 check, cash or credit card. Easily sign up right on our website or call.**

**Details:** Sign up ASAP as we only hold the class if we have enough people. Please bring a snack/simple lunch, wear comfortable clothes and clean socks. Please do not plan to leave premises during the entire workshop. We have discussions during lunch. Once payment is received you are registered and your spot is reserved. We do not offer refunds or makeup classes, no matter what the circumstances. If for some reason you cannot attend the date registered for, you may sell or give your spot to someone else. In the event of not enough students, you will be notified 7 days before the class and you can choose to receive a full refund or apply your payment to another training, class or service we offer.

## Level 1 Reiki Training Registration Form Sat, Mar 14h – Return this form with your deposit

**NAME** - Please print name as you would like it to appear on your certificate.

**ADDRESS**

**EMAIL**

**PHONE**

Are you allergic to lemon?

Pay online at [ComfortandBalance.com/reiki-woodbridge-nj/](http://ComfortandBalance.com/reiki-woodbridge-nj/) and email us the above information. To pay by phone, email or in person, call 732-750-8767 or connect@comfortandbalance.com. To pay by mail, checks payable to Comfort & Balance with completed form, 83 Woodbridge Ave, Sewaren, NJ 07077.