



THE INTERNATIONAL CENTER FOR REIKI TRAINING

PRESENTS
AN INTENSIVE HEALING WORKSHOP
LEARNING TO WORK WITH REIKI HEALING ENERGY

USUI REIKI I & II RETREAT

LYNCHBURG ~ ROANOKE, VA  JUN 4-6-10

This is a workshop with Lynn McBride Boggess and will be held at the VA Center for Reiki Training in Blue Ridge, VA

This class is for anyone interested in learning techniques for self-healing and helping others. Reiki (ray-key) is an ancient healing technique for modern times. Reiki restores energy balance and vitality by relieving physical and emotional effects of unreleased stress. Reiki (Spiritually Guided Life Force Energy) is powerful, yet wonderfully gentle and nurturing. It supports any medical or healing method a client may be using.

Reiki is a method to aid the body in releasing stress and tension through deep relaxation.

This is a three-day intensive workshop (9:30 AM to 5:00 PM) which results in Certification as a Reiki I and II Practitioner through the International Center for Reiki Training. In this class you will learn:

◇The history of Reiki ◇ What Reiki is and how it heals ◇ The human energy system ◇Reiki treatment techniques ◇How to use Reiki for personal healing and to assist others ◇ How to do a complete Reiki treatment on self and others ◇Beaming ◇ Scanning◇ The second degree Reiki symbols and how to use them ◇How to use Reiki for absentee healing

More time is allowed to practice the Reiki techniques listed above, along with additional Reiki meditations to assist in your healing and spiritual growth.

Continuing Education credit available for Nurses and Massage Therapists

This workshop will be facilitated by Lynn Boggess, Licensed Senior Reiki Master Teacher

Visit Lynn's Website at www.compassionatereiki.com

Lynn is a Licensed Senior Reiki Master Teacher with the International Reiki Center for Reiki Training; she has over 12 years of experience working with healing energies as a Reiki practitioner and Reiki Master. Lynn focuses on the integration of Mind, Body, and Spirit for wellness and healing.

Cost for this workshop including "Reiki: The Healing Touch" Manual is \$400.00

Reserve space with a \$150.00 deposit mailed to: VA Center for Reiki Training
3236 Villamont Rd., Blue Ridge, VA 24064 Questions: 540-947-5888 or
lynn@compassionatereiki.com

Name _____

Phone _____

Address _____

Date of class: _____

Checks payable to: VA Center for Reiki Training

Email: _____

Visa/Mastercard: _____

Exp. _____