

Reiki Initiate: Level One Training and Attunement
with
Usui Reiki Master Felicia McQuaid
at
Firefly Yoga Studio, 205 East 4th Street, Panama City
on
Saturday, June 6, 2010
1:00pm-6:00pm



What is Reiki? Reiki is a simple yet profound healing modality that anyone from any walk of life can practice and benefit from, either professionally or as simply a self healing “tool”. In its most basic form Reiki is a technique for stress reduction that promotes healing. Reiki is a form of energy therapy of Eastern origin, rediscovered in the 1800’s by Dr. Mikao Usui. Rei: spirit, breath, Divine: Universal Consciousness::: Ki: energy, prana, life. So together it translates as universally guided life force energy. Reiki is the force that animates the universe it is the source of life. When the energy of the body becomes depleted by imbalances, stress, and trauma in our lives Reiki can serve to bring the body, mind and spirit back to a state of wholeness, health and vitality.

Level-One Training Includes:

- *Reiki 1 Attunement and Reiki 1 Initiate certificate
- *Overview of the nature of Reiki Energy
 - *History of Reiki
 - *Five Principles of Reiki
 - *Ghasso Meditation
- *Reiki as a spiritual system
 - *Chakra Information
 - *Cleansing Techniques
- *Learn Hand Positions for Self Healing

Investment: \$150.00



Felicia McQuaid has been offering Reiki healing services along the Emerald Coast since 2006. She completed her Reiki Master training in 2005 with Monica Bommarito, a Reiki Master in the Traditional Usui Reiki Ryoho lineage. Her studies moved quickly, she received all three (3) levels of initiations within one (1) year. In addition to her work as a Reiki, she is a Yoga Instructor, Tibetan Buddhist, Director at the Center for NonDualism in Fort Walton Beach and Mother of 2 gorgeous children, Jonah and Rachel.

**For more information or to pre-register, contact Felicia @ 850-217-2771 or Joy at 850-814-2962

www.evolveyoga-reiki.com
www.fireflyyogastudio.com