

Reiki Level 1 Course

Dates: Posted on Website

Times: 9am - 12pm & 2pm - 5pm

Location: Inbody Healing Room - 100 N Main St. Riggins, ID

In Reiki 1, you will get attuned to Reiki which enables you to become a channel for this universal life force energy. Once attuned you will be able to give Reiki to yourself and anyone else for the rest of your life. With practice, love and light can cover your entire life. Radhe.

Training Includes:

- Four spiritual attunements which enable you to channel Reiki energy.
- Lessons on what Reiki is and how to channel it to bring about transformation and healing for you and your loved ones.
- Instruction on the hand positions of giving a full body Reiki treatment to someone.
- Lessons in Self-Reiki session and Self-Healing from the inside out.
- A discussion about the history of Reiki and the different Reiki lineages.
- Guided meditation and a breakdown of how & why of meditation.
- You giving a full Reiki session to someone else with support and guidance.
- Lessons on how to ground, clear and be responsible for your energy.
- A Chakra philosophy and energy healing overview to stimulate your understanding.
- Personal commitment to a 21-day energetic cleanse that will raise your vibration.
- A Level 1 Reiki certificate and blessing.

Price: \$230/person

Courses are 4 people

\$100 deposit required to reserve spot

Deposits are non-refundable

Full payment required the morning of course

Make your training a Retreat

Full immersion experiences are very powerful. If you want to go all in and stay on site, immersed in Reiki energy then this is for you. We practice honorary silence in the morning and focus on healing through yoga, meditation and spiritual ceremony. Retreats are customized towards students needs and all levels of yoga practice are welcome.

Retreat Includes:

- 2 Nights Lodging at the Inbody Hideaway Vacation Rental.
 - This is shared accommodations
- Night 1 restorative yoga class.
- Morning 2 sacred wake up, energizing yoga practice and Reiki meditation.
- Night 2 Reiki and Restorative yoga class.
- Morning 3 sacred wake up, spiritual yoga practice and self-Reiki meditation.
- Space for you to grow mentally, emotionally and spiritually and connect to others on a similar path.
- An experience unplugged (you get to use the unplugged cell phone basket). :)

* Meals are on your own and food costs are not included in the price.

Inbody Hideaway Amenities:

- 2 Queen Beds & sleeping couch
- Fully Stocked Kitchen w/ outdoor grill
- Comfortable living area w/ fireplace
- Private river front patio
- River deck for personal time and centering
- Located directly below Inbody Healing Room (where the course is located)
- Check out the rave reviews for the magical space at <https://www.yogainbody.com/inbody-hideaway>.

Price: \$200/person

Price is higher for private bed or private retreat

\$100 deposit required to save your space

Deposits are non-refundable

Full payment required the morning of course

