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## Reiki Level 1 Course

**Dates:** April 26<sup>th</sup> - 28<sup>th</sup>, 2019

**Times:** 10am - 1pm & 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 healing energy. Once attuned you will be able to give Reiki to yourself and anyone else for the rest of your life. Are you open and ready to learn about “magic hands”?*

### **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 to meditate.
- You giving a full Reiki session to someone else with Elizabeth’s guidance.
- Lessons on how to ground, clear and be responsible for all levels of your energy.
- A Chakra philosophy lesson for intellectually understanding and a Chakra meditation for directly experiencing this internal map.
- Information about a 21-day energetic cleanse that will raise your vibration.
- A Level 1 Reiki certificate and an opportunity to align with your highest Self.

**Price:** **\$230/person**

Minimum of 2 people

\$100 deposit required to reserve spot

Deposits are non-refundable

Full payment required the morning of course

## Add on a Spiritual Yoga 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.
- Friday night restorative yoga class.
- Saturday morning sacred wake up, yoga practice and meditation.
- Saturday night spiritual ceremony.
- Sunday morning sacred wake up, yoga practice and meditation
- Space for you to grow mentally, emotionally and spiritually.
- An experience unplugged.

\* Meals are on your own although Elizabeth can help arrange group dinners with a other students in the course if this is requested. Food costs are not included in price.

### Inbody Hideaway:

- 2 Queen Beds
- 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
- Check out the rave reviews for the magical space at <https://www.yogainbody.com/inbody-hideaway>.

**Price:           \$200/person**

Minimum 2 people

\$50 deposit required to save your space

Deposits are non-refundable

Full payment required the morning of course

