

Know Thyself Healing Center

Usui Reiki I For Kids

Using Life Force Energy to Reduce Stress and Relax

Ages 9-11/12-13

- ❖ Stories about what Reiki is and where it comes from
- ❖ How Smart is your Body? (Cells, Aura and Seven Chakras)
- ❖ Reiki I Placement (Attunement)
- ❖ Listening to Your Body/Sensing Energy
- ❖ You can use Reiki on yourself or other people, plants, animals, insects, or birds! Why? To make us feel better! So -- let's do it!
- ❖ Children's Meditation Inside and Out -- an Inner Journey to Let Go of Junk and Discover the light of Life!
- ❖ Wake up your brain and body with stretches and movement
- ❖ Reiki Art
- ❖ Reiki I for Kids Certificate

This class is from 10:00 a.m. -- 4:00 p.m. with breaks every hour for movement, water, lunch, snacks, or bathrooms. Children must bring their own lunch or snacks and water bottle. Cost is \$100 per child payable by cash, check, or credit card.

Parent: _____

Address: _____

Cell Phone: _____ Email: _____

Child's Name and Age: _____

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