



Reiki Training PLUS - Level One

with Donna Somerville

Reiki is an energy that allows one to feel connected to the Divine in a whole new way.

The origins of Reiki can be traced back to ancient Tibet, thousands of years ago. We will explore the traditional Reiki teachings that were re discovered by Dr. Mikao Usui in Japan in the mid-1800s.

Reiki's purpose: to allow you to feel the Divine presence in the form of energy and direct that energy to restore health, balance and clarity.

In this Level One Workshop:

- Discover and Experience the basic understandings of "energy".
- Learn to feel energy present in the physical body and experience how it affects your energy field or Aura.
- Understand what your Chakras are.
- Learn how to create Sacred Space and Boundaries to maintain your strength and balance in the face of our changing world.
- Begin to experience intuition, using it to "hear" the physical body.
- Learn how to give Reiki to Your Self and to Others.

When: Saturday August 14th & Sunday August 15th
9:30 am to 4:30 pm each day.
Lunch provided.

Cost: \$200.00 including taxes.

Register: Contact Donna at 506-357-7007
or donnasom@nbnet.nb.ca



Donna Somerville
Spiritual Medium, Facilitator
& Reiki Master.

Pre registration Required. Non refundable deposit of \$100.00 required by Aug. 7th.