

## REIKI Level One Certification Class

### What is Reiki?

Reiki is an Eastern energy modality that gently, yet powerfully works in conjunction with the body's own energy, innate intelligence, and healing ability to restore wholeness, reduce imbalances, and facilitate healing on many levels.

It's techniques and teachings are simple, yet profound. When we learn to connect with the source of energy in and around our bodies, we can utilize this ki, or energy, for the greatest benefit for others and ourselves.

### Class Information

In this one-day class you will receive Reiki Level I attunements, specific instruction for treatments as a crucial self soothing tool, treatments on others and pets, written materials, and hands-on experience, and Level I Certificate.

*The fee for this Reiki I certification class is \$160, or \$150 Early Bird discount if paid prior to April 28th.*

Date: Sunday May 7, 2023 9AM- 5PM

Location: AT Wellness Center in Creamery

The class is taught by Heather Gustafson RN, MBA, Reiki Master, E-RYT500, IPT. Heather has been practicing Reiki for 26 years and teaching for 20 years.

Please contact Heather at 701-428-1484 or [heathg@comcast.net](mailto:heathg@comcast.net) to register.