



# Thrive Reiki

## Reiki 1 Class

**Dates:**

September 30 & October 6, 2018 and November 11 & 18, 2018

**Time:** 10:00 a.m. to 6:00 p.m.

**Location:** White Plains, N.Y.

**Learn Reiki**

- and take your well-being into your own hands.

Learn practices that help stimulate your body's self-healing response and help you feel calm and centered, less stressed and anxious. Whether you are in perfect health or diseased, Reiki can help bring **balance into your life.**



Thrive Reiki

# Reiki Level 1 (Shoden)

**Day 1:** Reiki Overview: its history, use and benefits. Introduction to the Reiki precepts. Meditation & Centering Techniques. Reiki Self-Care.

**Day 2:** Review: Reiki Self-Care and discussion about Reiki precepts. Learn how to share Reiki with others.

**Fee:** \$375 (incl. manual; \$150 deposit required at registration to secure your spot).

## Andrea Deierlein

is a Reiki practitioner and teacher who practices Reiki in the Japanese tradition.

### Contact and registration:

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## Follow Thrive Reiki on Facebook:

<https://www.facebook.com/ThriveReiki/>

## Reiki sessions available

in White Plains, N.Y., and  
NYC at the Open Center.