***Reiki I & Energy Healing for Self-care***

In this workshop you will receive the attunements for Reiki I, the first degree in this system of energy healing. You will learn the basics in applying energy, its benefits and techniques for grounding and protection. I will share several core practicesthat I have found useful over the years that can enhance personal growth, development and well-being. Upon completion of the course participants will qualify to receive the certificate for Reiki I, the first degree.