

**Sunday
November 19, 2023
12:30-7:00pm**

Reiki I

Cost: \$150 for Reiki I is due by **November 12, 2023** and payable by cash, check, PayPal or Venmo. Make checks payable to Janet Parachin, send PayPal to jparachin@cox.net, or send Venmo to Janet-Parachin. *Tuition is nonrefundable and will be applied to a future class.*

Location: Tulsa Yoga Meditation Center, 5319 S Sheridan Road, 51st and Sheridan in The Farm Shopping Center

Meet your instructor:

Janet Parachin is a certified Yoga thera-



pist and has completed over 1900 hours of training in yoga anatomy, restorative and therapeutic yoga, Reiki and Ayurveda. She is a certified Reiki Master Teacher. As Director of Yoga Spirit Academy yoga teacher training program and a founding teacher at Tulsa Yoga Meditation Center, she teaches so that all may be free in body, mind, heart and spirit.

For more information:

Janet Parachin
918-261-9786
jparachin@cox.net

- In this powerful class you will learn about and practice Reiki (pronounced *ray-key*), the Japanese energy technique for stress reduction, relaxation and healing. Through lecture, discussion, meditation and practice you will become more in tune with the energetic body and be able to give Reiki to yourself and others. Anyone can enroll in Reiki I, and it prepares you to later enroll in Reiki II where you receive the Reiki symbols and mantras and learn how to send Reiki at a distance, into the past and into the future.
- This lineage is Holy Fire® World Peace Reiki. Practitioners from other lineages are welcome to upgrade to World Peace Reiki by presenting any Reiki certificate.
- Reiki I topics include the history of Reiki and how it works; the three pillars of Reiki and the Reiki ideals; receive the Reiki I Placement and practice giving Reiki to yourself and others.
- Reiki training is interesting, informative and deeply healing. Your Reiki journey begins the moment you decide to study Reiki. Are you ready to begin?
- *All participants receive a 178-page Reiki manual and certificate of completion. There will be a 30-minute snack break.*

Registration form for Reiki I on November 19, 2023

Name for certificate _____

Address _____

Phone number _____

Email _____

Make check payable to
Janet Parachin
11134 E 75th Pl
Tulsa, OK 74133

\$150 due by November 12

Amount enclosed \$_____

PayPal: jparachin@cox.net
Venmo: Janet-Parachin