

Reiki I and II *Online*

**Saturday February 13
and 20 online
10:00am-5:00pm CST**

Cost: \$150 for Reiki I, \$150 for Reiki II or \$300 for Reiki I&II, payable by cash, check, PayPal or Venmo. Payment is due 10 days before the class, **February 3 for Reiki I&II and February 10 for Reiki II**, to allow for mailing the Reiki manual. After the deadlines, the manual must be picked up in person or a digital manual will be sent. *Tuition is nonrefundable and will be applied to a future class.*

Location: Online from your computer using Zoom

Meet your instructor: Janet

Parachin Is a certified Yoga teacher and Yoga therapist and has completed over 1700



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 know freedom in body, mind, heart and spirit.

For more information:

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

In these powerful classes you will learn about and practice Reiki (pronounced *ray-key*), the Japanese energy technique for stress reduction, relaxation and healing. Through these classes 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, but only those who have completed Reiki I may enroll in Reiki II.

This lineage of Reiki is Usui/Holy Fire® III. Practitioners from other lineages are welcome to join Reiki II by presenting their Reiki I certificate.

Reiki I topics on February 13: 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 II topics on February 20: Learn the Reiki symbols and mantras to increase the Reiki energy; receive the Reiki II Placement and practice several ways to send Reiki at a distance, into the past and into the future.

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 will receive the Reiki manual and a certificate of completion. Each day will include a 60-minute lunch break.

How to register for Reiki classes:

Send the following information to jparachin@cox.net

- 1) Your full name for the certificate
- 2) Your full mailing address
- 3) Your email address

Payment Information: \$150 for Reiki I, \$150 for Reiki II, \$300 for Reiki I&II

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

PayPal send to jparachin@cox.net

Venmo send to Janet-Parachin