

Reiki I and II

**Two Saturdays
May 8 and 15
10:30am-6:00pm**

Cost: \$150 for Reiki I, \$150 for Reiki II or \$300 for Reiki I&II, payable by cash, check, PayPal or Venmo. Please enroll in advance. Late enrollment only if space is available. *Tuition is nonrefundable and will be applied to a future class.*

Class size is limited due to physical distancing. We will practice no-touch Reiki.

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

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 Practitioner. 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 May 8: 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 May 15: 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 90-minute lunch break.

Registration form for Reiki classes

Name for certificate _____

Address _____

Phone number _____

Email _____

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

Amount enclosed

Reiki I May 8 \$150 ____
Reiki II May 15 \$150 ____
Both sessions \$300 ____