

Reiki I

**Saturday
July 16, 2022
10:30am-6:00pm**

Cost: \$150 for Reiki I 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.*

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 1800 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 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 of Reiki is Usui/Holy Fire® World Peace. Practitioners who want to upgrade to World Peace Reiki are welcome.

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 will receive the 178-page Reiki manual and a certificate of completion. There will be a 90-minute lunch break.

Registration form for Reiki I on July 16, 2022

Name for certificate _____

Address _____

Phone number _____

Email _____

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

Amount due

\$150

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