



# STRESS RELIEF WITH REIKI, LEVEL 1


with Jennifer Walz

Practicing Reiki helps you to gain control over your own energy--physically, emotionally, and spiritually. Feel more grounded, centered and at peace through Reiki practice.

If you are feeling stressed and stuck in a fierce cycle of worry and anxiety, your energy is stuck. Practicing Reiki helps you to move this energy and gain control over your own energy – physically, emotionally and spiritually.

In this Level 1 course, you will learn all the tools you need to perform Reiki on yourself, another person, or a beloved pet. You will also receive an attunement from Jennifer, which will open all the energy channels in your body to allow you to bring energy in.

*All participants will receive a Reiki 1 certificate.*



**Click the link below to sign up and view the weekly schedule of this online course.**

[\*\*Course Schedule\*\*](#)

**Total Cost: \$360**

# COURSE OVERVIEW



## **Week 1: Introduction**

Understand the philosophy and principles of Reiki and how it can help you in your life and self-development process.

## **Week 2: Attunement & Hand Positions**

Clear and open your energy channels in order to receive the full benefit of Reiki practice and learn the self-healing hand positions.

## **Week 3: Chakras & Disharmony**

Learn how to clear your chakras from the stress and tension that build up in everyday life and learn how a chakra blockage can affect you.

## **Week 4: Help Your Friends & Family**

When helping others, you are also helping yourself. Learn hand positions that help promote relaxation and healing in others (and in pets).

## **Week 5: Strengthen Your Ki Energy**

Strengthening your Ki energy helps your energy channels to clear. With clear energy channels, you can increase the quality of universal Reiki energy.

## **Week 6: Energy Clearing Meditation**

Discover the importance of meditation in moving energy and staying present. Practice an energy clearing meditation to keep your channels clear and open.



## About the Trainer

Jennifer Walz is a Licensed Acupuncturist, Massage Therapist, and Tao Guide with more than 30 years of experience in the field of holistic health and healing. She is a Reiki Master and has been teaching and practicing Reiki since 1993. Jennifer's mission is to help others to get in touch with their own innate power to heal. She is also available for individual sessions at the Sedona Meditation Center in Uptown Sedona.

[\*\*CLICK HERE TO LEARN MORE & SIGN UP!\*\*](#)