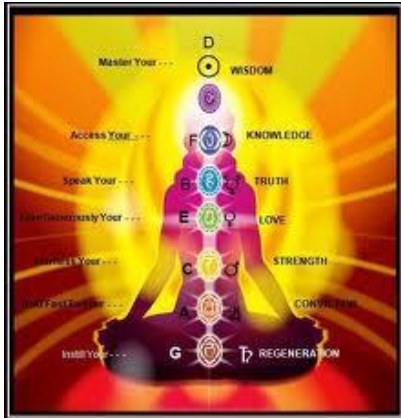


Introduction to Reiki Self-Healing and Relaxation



4 week course
Starting on
Monday, 6th February 2016
10.00 am to 12.30 pm
Mickle Grove Training Hub
20 Mickle Grove
Leeholme, Bishop Auckland
DL14 8XL

What will you achieve by undertaking this course?

- Gain an understanding of the history and basic principles of Reiki and its wide range of benefits
- Gain knowledge of the body's energy pathways and the seven main chakra points
- Learn how to undertake simple self-awareness/energy healing techniques.
- Learn how to use Reiki for your healing and wellbeing
- Enhance your personal development
- Learn how to use guided meditation and breathing exercises to aid self-relaxation and self-well-being
- Give Reiki treatments to friends, family and pets
- Enhance your Reiki by the use of colours

If you are in receipt of Employment Support Allowance (ESA) in the Work Related Activity Group, Job Seekers Allowance (JSA) or Universal Credit and unemployed the course is FREE. A number of other benefits attract fee remission; please ask when booking a place on the course if they are eligible.

LEARNERS MUST PRODUCE EVIDENCE OF BENEFITS AND PROVIDE THEIR NATIONAL INSURANCE NUMBER

If you are not eligible for any fee remission there would be a cost of £25.00 for the course.

For further information please phone Kimberley Batey, Community Training Provider Coordinator, on 01388 770974 or Denise Hopps, Bishop Auckland College on 01388 443078

