



Reiki First Degree Workshop Flow

Day 1:

- **Introduction with Sound & Silence**
- **Knowing Energy Medicine**
- **Knowing Reiki & Some Experiences**
- **About Chakras & Aura**
- **Self Treatment Method**
- **Attunement Part 1**

BREAK

- **Reiki Partner Treatment Practice**
- **About 21Days Cleansing Process**

BREAK

- **Spiritual Movie Show**
- **Question & Answer**
- **Light Circle**
- **Ending the Day with 'Dance of Light'**

Day 2

- **Chakra Balancing**
- **Reiki Story**
- **Partner Treatment**
- **Attunement Part 2**

BREAK

- **Short Exercises**
- **Reiki Treatment Guide**
- **Emotions & Our Body**
- **Guidelines for Reiki Channels**
- **Yognidra Meditation**

BREAK

- **Reiki Five Principles**
- **Talk On Organic Living**
- **Golden Ball Meditation**
- **Question & Answers**
- **A view at our activities**
- **Thanksgiving**

WORKSHOP OVER