

Sample Program

Reiki second degree



DAY ONE: 11AM-4PM

11am (Official Start Time): Meditation, open circle with introductions and logistics, and an overview of the Reiki Level two Course

12 pm: Recap on each students reiki history and experience share

1pm: Reiki practice exchange (re fresher on how to step to the table, how to attune to the clients energy body, how to start a treatment)

1.30pm Lunch Break

2pm: Reiki Wisdom Teachings- the three sacred symbols

3pm: Energy tools

4pm: Attunement & Reiki practice exchange

5pm: closing circle

DAY TWO: 11am-4pm

Open circle with review, reflections and questions

Reiki Wisdom Teachings- the three sacred symbols

Reiki practice exchange

Close circle and Certificates

7 DAY AT-HOME ENERGY PRACTICE

After the first weekend, all students will be provided a guide to cultivate their own daily energy practice with Reiki.

Ideally this is practiced every day over 7 days, followed by journalling.

Reiki second degree

You will learn

Re-cap on Reiki Theory, Hand positions and the sacred opening of a one- on -one healing treatment

The three sacred Reiki symbols

How to apply the symbols in healings and everyday life

How to send Distant Healings

The importance of the Healer and the role as a healer

Protection and Grounding

The Code of Conduct and Ethics of becoming a Reiki Practitioner

An understanding of the new role as a Reiki Healer

How to set up a a successful Business

COURSE DURATION: 2.5-day course delivery spread over 2 weeks with 7 days of at-home Reiki ritual.

After completion of this level you are recognised as a practitioner and are able to practice your new learnt modality in a professional capacity and charge money for your services accordingly.

You will receive a Certificate of the Second Degree of the Usui System of Natural Healing on completion of the course together with a manual, handouts and on-going support, including scheduled Reiki share at Yogatime. Morning and afternoon refreshments are also provided.