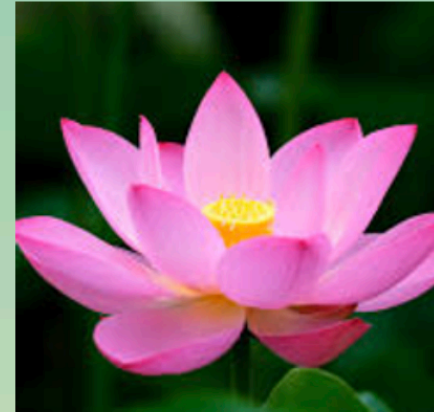


Reiki Level One Training

Denise A Gilbert MA
Reiki Practitioner Teacher
Be Well & Beyond, Inc.

77 Great Road Suite 203
Acton, MA 01720



Learn how to bring comfort and promote healing for yourself and others with the gentle, safe practice of Reiki.

You will learn what Reiki is, its history, Reiki principles and meditations. We will practice and experience self Reiki technique and learn how to provide a Reiki session for others. There will be time for discussion and practice.

You will receive a Reiki initiation (sometimes called attunement) notebook and certificate of completion approved by IARP (International Association of Reiki Professionals.)

Message or call with interest or questions

Healthful precautions always in place