

Wellbeing: Reiki I: Taster

Course overview

Reiki is a form of energetic healing. This taster will start your entry on the Reiki journey to using the Reiki energy for self-healing and self-care. Treating yourself with Reiki is great for mental, emotional and physical wellbeing as well as being very calming and relaxing.

What will I study?

You will:

- cover a brief history of Reiki
- start your attunements to the Reiki energy
- use Reiki to give yourself a healing treatment
- reflect on the Reiki Principles

Assessment method

- You will be observed giving a self-treatment
- You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout

Entry requirements

This course is open to all.

What should I bring with me?

You will need to provide your chosen method of note-taking such as a notepad and pen or a tablet.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
7002CPT	Wednesday 4 November 2020 to Wednesday 11 November 2020	6.30pm to 9pm	Dagenham	£0.00	£0.00

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722