

Wellbeing: Reiki I (Post Taster)

Course overview

Reiki is a form of energetic healing. This course continues your journey from the taster and will complete your attunements to the Reiki energy. You will be able to use the Reiki energy for self-healing and self-care. Treating yourself with Reiki is great for mental, emotional and physical wellbeing as well as very calming and relaxing.

What will I study?

You will:

- Cover a brief history of Reiki
- Complete your attunements to the Reiki energy
- Explore when and how to do a self-treatment
- Use Reiki to give yourself a healing treatment
- Become familiar with how you experience Reiki energy
- Use Gasho and the Reiki Principles

Assessment method

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

Entry requirements

This course is open to anyone who has completed the taster or who has already been attuned and is looking to re-engage with Reiki.

What should I bring with me?

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

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing or CPD 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

