

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 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 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 the main Reiki I course, 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

