

Course Title:		Reiki 1					
Course Code:		W2016SGR	Centre:	Wallington	Tutor:	Margaret Biggs	
Day:	Tue	Start Date:	29/03/11	Length:	9 wks	Time:	10:00-12:30

Course Content/Syllabus

Reiki is a non-invasive form of healing using energy. The practitioner channels energy in order to effect subtle changes within the person being healed which will encourage their own healing processes. Reiki is performed fully clothed and involves light or no touch. No previous experience necessary.

This course will include the following topics:

- Introduce working with energy and the use of meditation
- Cover the history and origins of Reiki as a healing tradition
- Encourage self-development and self-healing within the individual student
- Introduce the techniques used to self-heal and heal others
- Gain practical hands-on experience of healing others in a supervised environment
- Attune the individual to enable them to channel energy without depleting their own reserves
- Learn how to ground and self protect

After completing the course, students should be able to:

- Give selves a healing session
- Give a healing session to family and friends

Assessment Methods

Continuous informal assessment.

Attendance

Regular attendance is expected in order to get the most from your course.

Entry Requirements

Open to all. Students must be prepared to practise on each other in mixed groups and you should be physically fit to practise and receive treatments. If unsure, please contact the Senior Lecturer, Jacqui McElwee (0208 773 5887).

THIS COURSE IS NOT ADVISABLE FOR ANYONE WITH ANY FORM OF EPILEPSY

English, Maths & IT Entry Requirements

Ability to understand verbal instructions

Exam Fees

N/a

Additional Costs (eg course materials & textbooks)

You are advised not to purchase text-books or equipment until the course is confirmed.

For your first session, please bring:

- Notebook and pen

Extra Help With Your Learning

For details of additional support, please request the learning support leaflet and indicate your needs on the enrolment form.

Progression/Further Opportunities:

Reiki Level 2