



New! Reiki Classes!

FREE Reiki Demo: Wednesday, August 12, 6:00-6:30 pm.

Please call 951-201- 3657 to reserve a space for FREE DEMO.

Reiki I Classes: Sat/Sun, Aug 15 & 16, 2009, 10:00-4:00 pm, \$250

Early Enrollment Discount: Receive \$25 off if you enroll by August 8!

Reiki II & III/Master Classes: Call 951-201-3657 or email at ReikiEmpowerment@gmail.com for current schedule

Reiki Treatments: *Summer Special!* Only \$60 per session (was \$85)

- ⇒ Pre-registration and \$50 deposit required for all classes
- ⇒ Class size is limited
- ⇒ Manual and light snack provided
- ⇒ Certificates upon completion

Reiki I (Shoden Level) - What You Will Learn:

- What is Reiki?
- Simple methods for healing yourself
- Traditional Japanese meditation techniques
- How to connect to plants, food, animals, etc. using Reiki
- Hand positions to give and receive a full Reiki treatment
- Four traditional reijus or attunements
- **Recommended Reading:** The Japanese Art of Reiki by Browmen and Frans Stiene



Reiki, a Japanese form of non-invasive complementary therapy, accelerates the body's innate healing process by using light gentle touch, and can be given to anyone of any age, in any condition. Reiki is widely performed in hospitals, cancer centers, spas and counseling centers.

Your Instructors:

Liz Rodriguez has been practicing Reiki since 1996 and teaching Reiki since 1997. She trained with authors Browmen and Frans Stiene, founders of the International House of Reiki in Australia. She is a Registered Reiki Practitioner and Master Teacher with the International Association of Reiki Professionals. She is also a Kahuna "ARCH" Healing Master and a Certified Traditional Naturopath.

Mike Gomez has been practicing traditional Filipino healing passed down from his Grandma since the early 1980's. He is a Filipino Martial Artist and has been a Sr. Guru for the Kali Academy in San Diego (now Babao Arnis Academy) since 1981. Mike has been trained in Reiki since 1998 and has been teaching Reiki with his sister Liz.

Classes and treatments will be held at the:

Reiki Empowerment Institute

Located in the:

Carol Cole Center

28481 Rancho California Rd, Suite 109
Temecula, CA 92590

Phone: **951-201-3657**

E-mail: **ReikiEmpowerment@gmail.com**

For more information, go to:

www.ReikiEmpowerment.com