

# Reiki Level I

Dorian Abel, MS

Reiki Master-Teacher

Saturday, March 10 and Saturday, March 24

1:00 p.m. – 6:00 p.m.

\$150 Prepaid or \$175 First Day of Class



Healing Yoga

1397 E. Main St. (Route 724)

Douglasville, PA

- The history and principles of Reiki.
- Attunements (activation of Reiki energy) for Level I.
- Hand positions for practice on yourself.
- Hand positions and time to practice on others.
- How to incorporate Reiki into your life for increased well-being.

Please pre-register and pay in full to reserve a space.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Amount enclosed \_\_\_\_\_ Email \_\_\_\_\_

Please send check made out to Dorian Abel, P.O. Box 13, Bechtelsville, PA 19505

Or register online: [www.healingyogapa.com](http://www.healingyogapa.com)

610-369-0831 or 610-310-1479

[dorian@healingyogapa.com](mailto:dorian@healingyogapa.com)