



## OakWill Holistic Health Reiki Workshops 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Degree

- Run as day workshops for each level
- Level 1 & 2 can be completed in one weekend over 2 days
- 2<sup>nd</sup> Degree is run a minimum of three (3) weeks after 1<sup>st</sup> Degree
- 3<sup>rd</sup> Degree is run a minimum of 6 months after 2<sup>nd</sup> Degree
- Priority placement is given to past students

The 6 month interval between 2<sup>nd</sup> & 3<sup>rd</sup> Degree allows you to process, practice & incorporate all you have learned as well as to develop yourself further.

### On Completion You Receive:

- A comprehensive manual
- A Hand Position Chart (1<sup>st</sup> Degree)
- A notebook, pen & pencil
- A Certificate
- A Lineage Certificate



## Please Bring:

- Lunch – whole fresh foods preferably
- Water
- Due to covid restrictions shared foods are not permitted

## 1<sup>st</sup> Degree:

- Maximum of 7 hours with minimum of 3 breaks
- No Case Studies Required

## 2<sup>nd</sup> Degree:

- Maximum of 7 hours with a minimum of 2 breaks
- 3 Case Studies Required

## 3<sup>rd</sup> Degree:

- Maximum 8 hours with a minimum of 3 breaks
- 6 Case Studies Required



## Investment:

- 1<sup>st</sup> Degree \$200 per person (\$100 non refundable deposit)
- 2<sup>nd</sup> Degree \$350 per person (\$150 non refundable deposit)
- 3<sup>rd</sup> Degree \$650 per person (\$200 non refundable deposit)

\*If you have completed any of the degrees outside of OakWill Holistic Health you will need to provide your lineage, certificate & the name & contact details of your teacher prior to these workshops.



DISCOVER YOURSELF  
DISCOVER THE DIVINE WITHIN

## Preparing for the Reiki Workshop

Try to prepare as much as is practical for you. In my experience this is beneficial to you as it ensures your energy vibration is raised, that you feel clear & mentally prepared.

You should start these preparations approximately 48 hours before the workshops if possible.

### Things to Avoid:

Many of the below things to avoid carry substances that can lower your vibration, inhibit your senses & dull the flow of energy.

- Alcohol
- Drugs (**however under no circumstances stop taking essential prescribed medications**)
- Artificial substances
- Processed/junk foods
- Don't leave yourself feeling hungry or uncomfortably full



## Things to Do:

- Eat fresh fruit, salads & vegetables
- Make sure you include whole fresh proteins
- Try some quick deep relaxation/meditative exercises



## The Morning of the Workshop:

- Give yourself plenty of time to prepare for the day ahead
- Avoid becoming rushed/stressed
- Make time to relax
- If possible, go for a walk or do some gentle exercise to energise your system
- Avoid Caffeine
- Eat whole fresh foods for breakfast
- Give yourself plenty of time to reach your destination
- Come to the workshop with an open mind, body, spirit & heart

