

DAILY LESSON PLAN

DAY ONE

- Defining Reiki – What is Reiki?
- The Reiki Story – Myth vs Truth
- Meet the main characters
- Receiving Reiju
- Intro to Shoden Healing Techniques

DAY TWO

- Studying the Gokai (Five Reiki Principles)

DAY THREE

- Understanding Attunements
- Shoden attunements to Reiki
- Self-healing techniques
- Learning to use Reiki

DAY FOUR

- Living the Reiki Way
- Joshin Kokyu Ho
- Kenyoku Ho

DAY FIVE

- Hand placements
- Practice treatments
- Nentatsu Ho
- Grounding, centring & protection

DAY SIX

- Chakras and the Aura
- Client Care
- Contra-indications
- Ethics & boundaries

DAY SEVEN

- Seated treatments
- Makoto Nokokyu Ho
- Using Reiki with plants, food, drinks and animals

DAY EIGHT

- Reiki as a Spiritual Practice
- Other types of Reiki
- What next?

DAY NINE

- Assessment day & Graduation