



Reiki One Schedule

❖ Arrival at Nature's Harmony on Friday Night

Saturday

- (Lodge) 9:00 Breakfast
(Chalet) 10:00 Reading about Reiki
(Chalet) 11:00 Reiki hand positions – Practice on self & others
(Nature) 12:00 Nature walk
(Lodge) 12:30 Lunch
(Sauna) 13:30 Reiki Session – student recipient
(Nature) 14:45 Nature walk
(Sauna) 15:00 Meditation before the Attunement
(Sauna) 15:30 **The Attunement ceremony**
(Chalet) 16:00 Relaxation
(Sauna) 16:45 Student's first Reiki session – follow hand positions
(Lodge) 18:30 Dinner

Sunday

- (Lodge) 9:00 Breakfast
(Nature) 10:00 Nature walk
(Sauna) 10:30 Reiki session – Follow Intuition
(Lodge) 12:30 Lunch
(Nature) 13:30 Nature walk
(Sauna) 14:30 A full Reiki Session
(Cabin) 16:00 Sharing & Question

Receiving Certificate