

Course Information Sheet



Reiki I

Introduction

Reiki is a simple, natural and safe method for stress reduction that promotes healing and it is a skill that everyone can learn. Reiki energy is administered through your hands to yourself and others. Reiki works in conjunction with other medical or therapeutic techniques to relieve side effects and to promote recovery. As Reiki treats the whole person - body, emotions, mind and spirit, a sense of well being may be experienced through its use.

What are the course entry requirements?

No previous experience required. To get the most from this course you require a basic understanding of English across all skills; listening, speaking, reading and writing. There may be elements of basic numeracy to the course content.

How long is the course?

Between 10 and 20 hours.

What will the course involve?

This course is for learners who have no previous knowledge or experience of Reiki. You may have attended a taster course or heard about Reiki and would like to learn and practice some Reiki techniques. This course will cover the history and origin of Reiki. You will have the opportunity to give and receive Reiki treatments and develop your own self practice. You will learn how to make use of your skills in order to carry out simple techniques and explore their benefits.

How will I be learning?

During the course you will learn through a variety of methods which may include: observation, informal quizzes, setting tasks, group discussion, question and answer sessions.

What equipment will I need?

****Please see Reiki preparation sheet enclosed****

You will also need a notepad and pen, small cushion and lightweight blanket for your own use.

How will I know if I am making progress?

The tutor will assess your progress and will give you personal feedback on a one to one basis.

What course work will I be expected to complete?

Practical treatments for self and others, Reiki techniques, relaxation and meditation, assessment activities such as a quiz and a summary of your own learning experience.

What can I expect to learn from this course?

- Identify key health and safety issues relating to Reiki and maintain a safe working environment
- Identify hand positions used to channel Reiki energy
- Follow step by step instructions in order to give a basic Reiki treatment to a member of your immediate family
- Use techniques to enhance Reiki energy with support
- Explain how the use of Reiki is of benefit in own personal development

Will I need to cover anything in addition to the course fee?

No additional costs are required.

What other training programmes and progression opportunities are there?

Reiki II

If you require in-depth advice on progression opportunities or guidance on career choices please contact our Information Advice and Guidance Officers on 0845 600 1331. For general information about other courses, contact us on the same number or check out the website www.lancashire.gov.uk/adultlearning