

Enhance Your Spiritual Journey By Becoming a Reiki Practitioner!

REIKI (pronounced "ray key") is a Japanese word that means "Universal life energy". Reiki is an ancient hands-on healing art that was rediscovered by Japanese Buddhist & Christian scholar of theology Dr. Mikao Usui. Reiki is a clothes-on energy healing method that involves placing the hands on or just above the body to provide balance & bring healing energy to areas of the body. The practitioner, trained to access & serve as a channel for the life force energy, uses a technique similar to the "laying on of hands" method in which clients may experience a warmth or tingling feeling. The hands remain in position for several minutes, alternately covering 10-12 positions over the body. From an energy medicine point of view, Reiki assists in creating a shift in the energy field around the client to aid in dissolving or eliminating toxic energy & substances from many levels of one's being (i.e., physical, emotional, or mental). This works to strengthen the harmonic flow of energy within the body, having a positive effect on all forms of illness & negative conditions. Benefits of Reiki, cited in medical journals & journals promoting alternative medicine, include: "relaxation & increased immunity, reduced heart rate, improved blood pressure, reduced pain, anxiety & depression".



Reiki Level I Certification Training: Monday, May 3rd, 2010 from 9 am - 4 pm. In this course, you will learn the Reiki hand positions, applications of Reiki, Reiki scanning methods, & receive attunement as a Usui/Tibetan Level I Practitioner. You will also gain knowledge about how to apply this healing modality as a practitioner & prepare yourself for a healing session. You will experience Reiki healing energy through class practice & gain confidence to use Reiki for yourself, others, situations, animals, etc. **Cost:** \$175 (pre-pay by April 26th or \$200 week of training) -- includes manual & certificate of completion.

Reiki Level II Certification Training: June 14th, 2010 from 9 am - 4 pm. For those who complete the Level I training above, this is a wonderful way to immediately expand your training. If you are already Reiki Level I certified, this is your opportunity to take your Reiki practice to the next level. In this training, you will review the methods learned in Reiki I, the Reiki Power symbol, the Mental/Emotional symbol, & the Distance Healing symbol -- with details of how to expand your healing practices, uses of the symbols, etc., & receive the attunement as a Usui/Tibetan Level II Practitioner. You will also experience Reiki healing energy through class practice. **Cost:** \$175 (pre-pay by June 7th or \$200 week of training) -- includes manual (if you are a new student), certificate of completion, & other materials.



To Register: Please Call 303-278-9994. Class size is limited. A \$50 non-refundable deposit per class or full registration fee is required to save your space in class. A total of \$175 must be pre-paid by the above due dates for registration discount. However, if an unavoidable situation occurs, preventing your attendance on the date in which you are registered, your deposit or full registration fee may be applied to the next scheduled Reiki class.

Location of Both Reiki Level I & II Classes: North Golden, CO.

What to Bring: water, snacks, wear comfortable clothing, & a crystal that you may want as part of the attunement.

Teacher: Anita Boehm M.S. is an Integrative Energy Body Therapist – certified: Level IV Huna Kane, Level II BOSSAGE, & Master Teacher Level Reiki practitioner who is well-versed in a variety of therapeutic modalities that she employs in her practice. Additionally, she is a Breathing Practitioner who assesses & trains people to breathe more mindfully to overcome physiological responses that overbreathing can create (i.e., emotional, perceptual, cognitive, attention, behavioral, & physical deficits that may seriously impact health & performance). She is also a certified Level III Qigong instructor & Workshop Facilitator trained to teach Qigong exercise forms, facilitate & teach healing breathwork techniques, & a food-based healing system. She is also a PSIA Level 3 Telemark & Level 2 Alpine ski instructor. Anita's education background includes a M.S. in Environmental Health (Colorado State University (CSU)), B.S. in Geology (University of Michigan), & secondary science teacher certification (CSU).