



# REIKI LEVEL 1

**Saturday, October 14th, 2017**

**9:00AM - 5PM • \$175**

Reiki Level 1 is an Introductory Workshop to Reiki. Reiki is a simple and non-invasive way to open and begin to restore our natural ability to bring the body back into balance. It is a spiritual practice like meditation that brings balance to our entire body, mind and spirit.

### **In Level 1 we will:**

- **Learn the History of Reiki**
- **Understand the fundamentals of Energy and how it can be used to restore our bodies back into balance.**
- **Be Attuned to Level 1 Reiki "Hands-On" by a Usui Reiki Master.**
- **The basic Hand Placements to give Reiki to yourself for daily self-care.**
- **How to give Reiki to others.**
- **Experience Reiki's gift to the world as a daily practice.**

\*This is for anyone who wishes to learn more about Reiki and how to practice daily Self-Reiki. You do not need to know anything about Reiki before taking this workshop.

[www.reikiatl.com/reiki-session/reiki-level-1](http://www.reikiatl.com/reiki-session/reiki-level-1)

**For more information, please contact  
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770.876.1568 or [jhgilliam@att.net](mailto:jhgilliam@att.net)**



## **JILLIAN H. GILLIAM**

Jillian is a Usui Reiki Master Practitioner and Authorized Teacher. She works with both individuals and groups and uses Reiki to help clients with anxiety and depression, trauma recovery, chronic illnesses, chemotherapy or simply looking for a way to bring relaxation to an overly busy lifestyle.

Jillian enjoys working with children and teaching them the value of Reiki to reduce their own daily stress and anxiety. She believes learning to manage anxiety early through Reiki can be life changing.

In addition to Reiki, Jillian is a Certified Desire Map Facilitator. Her workshops help clients find their unique "Core Desired Feelings" and create the life they desire.

Jillian is the Assistant to Nan Henson of EnneagramAtlanta and has a deep passion for the Enneagram and the important tools it offers.



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