

Reiki level 1

Start your own personal Reiki journey by receiving the Reiki 1 Attunement and learning how to use the beautiful Reiki healing energies on yourself. The course also covers the History of Reiki, the human energy field and how to treat others.

Cost £100 including manual and lunches plus a pre-course full Reiki treatment.

(Payment by installment welcome)

Contact Liz for more information- 07931 534474

Future dates:-

Friday 19th Feb

Sunday 6th March

Friday 8th April

Saturday 7th May

Friday 3rd June

Sunday 3rd July

(Day 2 of each course to be agreed at Day 1)

For further details of what's on offer at The Hub visit our website:

www.theharmonyhub.co.uk