

# Reiki Level 1

Dr. Mikao Usui's System of Natural Healing

Join us to experience the wonderful world of natural healing

**Date – July 13<sup>th</sup> and 14<sup>th</sup> 2013**

**Time: 10.00am – 4.00pm Thousand Oaks, CA    RSVP ahasuki@gmail.com**

## What is Reiki?

**“Two hands full of Health and also Wealth. It happens only because of proper attunement.” – Sadguru Yogiraj Sri Sri .Mangeshda**

“Rei” means Universal and “Ki” means Life force energy.

Ever wonder if you can heal yourself and also living and non-living things just by tapping the abundant Universal Energy? By getting yourself attuned, you can wipe away the sludge of drained energy and rejuvenate yourself and others with this very simple healing technique..

## Benefits:

- ❖ When the day-to-day toils leave their mark on you, resulting in stress, low vitality, lack of relaxation and barely enough strength to face the day, Reiki helps you heal yourself and others by flooding you with the abundance that is Universal Energy. Reiki healing enhances the body's natural ability to heal itself. Reiki healing works on all ailments.
- ❖ When you channel the energy through your hands, either on yourself or others, you can make a positive difference in your life as well as in others.
- ❖ Heal yourself, pets, plants and the world for peaceful living.
- ❖ Reiki functions on all levels – physical, mental and emotional.
- ❖ Promotes good circulation of Prana (life force energy)
- ❖ Reiki promotes total relaxation, and restful sleep

## Who can Participate:

**Ages 10 years and above**

**Certificate issued upon completion**

## Fees

**Seminar fee \$125 includes lunch and tea.**

**Address will be provided upon registration.**

## What to expect in the seminar

Origin of Reiki, hand positions for self-treatment, meridians and chakras, 5 ideals, Level 1 attunement, breathing techniques, special exercises for balancing thyroid, endocrine system and chakras; invisible and physical body connection, meditation technique to support Reiki healing, how to balance emotions and relationships – Healing on all three levels – Body, Mind and Consciousness.

**Receive Level 1 printed notes. You can participate in energy healing circle every Saturday for your continued growth.**

## About the teacher

Shambhavi Kriyaban is a Reiki Master, certified by Sadguru Mangeshda Kriya yoga Foundation, Mumbai India. She comes from an impeccable lineage of Reiki masters from Dr. Mikao Usui.

She is also a Yoga, Meditation, Mudra therapy, Ayurveda & Marma practitioner, and Holistic Healer. Shambhavi practices Kriya Yoga under the guidance of Sadguru Yogiraj Sri Sri Mangeshda from India. She is a medical researcher, and is published widely in journals and international magazine.

**Testimonial:** Shambhavi's classes provide in-depth knowledge on the subject, be it Ayurveda, Reiki or Mudra Therapy. She has a very subtle connection with the audience which makes you want to learn more from Shambhavi. I have been practicing the Mudras she taught us in class and had immediate results. Looking forward to more classes with you! - Sofia I.

Reiki healing from Shambhavi and Swanand kriyaban helped me in conceiving my second child after seven years. This created in me interest in learning Reiki level 1 and level 2 from her. Shambhavi's classes and the course materials are authentic, from impeccable lineage and very profound. I learnt not just Reiki but all other exercises, meditation, tips that support Reiki healing and for empowering physically, mentally and spiritually. Looking forward to learning Reiki 3<sup>rd</sup> level. – Aparna S.

**More at <http://subtleconnection.com/testimonial>**



**Sadguru Mangeshda**  
**Kriya Yoga Foundation**  
(Registered charitable trust)

**Contact Shambhavi & Swanand Kriyaban**

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**[www.subtleconnection.com](http://www.subtleconnection.com) for courses and events in USA**

**[www.mangeshda.org](http://www.mangeshda.org) for details about our Foundation**

**Our Motto is to spread Unconditional Love and Unconditional Forgiveness for World Peace**