



Geraldine Walsh

The Dublin Wellbeing Centre.
26 Frederick St South, Dublin 2

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REIKI LEVEL ONE

I run my Reiki courses for small groups and work from the comfortable Dublin Wellbeing Centre, on 26 Frederick St, Dublin 2. My courses are informative, experiential, enjoyable and tailored to the group that come together to learn together. You will start using the reiki energy to heal yourself, friends and family straight away. Reiki Level 1 is a great foundation to general holistic health, learning about the chakras, energy work and self-healing. I will be running a Reiki Level 2 course, and a Reiki Level 3 Master Level & Practitioner Level (Combined) to follow. Each level is a 2-day workshop, on Saturday & Sunday, 10.30-5.30pm. These courses are also relaxing and offer a wonderful opportunity for self-development and personal healing.

Looking forward to meeting and working with you soon,

Warmest blessings,

Geraldine

Geraldine Walsh, BA (Hons) Couns & Psych., MIACP., Somatic Experiencing Practitioner (SEP), B.S. Hom.,

Reiki is a gentle but powerful hands-on healing art. It helps restore balance and harmony to your mind, body and spirit. Reiki is used throughout the world by people of all races and belief systems. It can benefit people of all ages from children to adults including during pregnancy. This is the first level of Reiki courses to be completed.

These workshops are set in a friendly and relaxed atmosphere with like-minded people. Plenty of time is allocated to your questions so you feel confident in using your new skills from day 1.

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I did my Reiki level 1 training with Geraldine. She is a wonderful teacher and healer. She created a very supportive environment in which to learn reiki healing. I loved it and I learned a lot from this training course.

I highly recommend her, she is a beautiful person and a very wise soul.

Ana Luna Celeste

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REIKI LEVEL ONE

2 Day Workshop

Venue: The Dublin Wellbeing Centre, 26 Frederick St South, Dublin 2

For larger groups, a larger local space can be used.

Cost € 175 – deposit: € Varies, see in booking link

Contact Details: 086 3473473 or email: info@thedublinwellbeingcentre.ie

[CLICK HERE TO BOOK YOUR PLACE](#)

Reiki Level 1 is a wonderful beginning to your own inner healing journey as you begin to feel the energy and learn to trust your own instinct. Reiki will change your life forever. On this course, I will give you an awareness and understanding of life force energy, holistic health and the mind-body connection. Learn how to harness and use the Reiki energy in everyday life for health and happiness. In just two days you will learn simple but amazingly powerful healing techniques for calming and revitalizing your mind, body and spirit. Relieve stress and pain, increase your well-being and gain deeper insights. You can use Reiki at this level on yourself, your family and friends.

During the course of the weekend we will be covering and experiencing all of the following:

- What is Reiki
- How Reiki actually works
- The benefits of Reiki
- The meaning of Reiki
- History of Reiki
- The Reiki Principles
- A Guided Meditation

- An explanation of the Chakra System
- The seven chakras and how that relate to your body and the universe
- A more detailed understanding of the chakra systems and how it relates to your health
- An explanation of the endocrine system
- The chakra system and the endocrine system's interrelation

- Mental clearance techniques
- Emotional clearance techniques
- Affirmations
- Teaching the importance of personal energy management, protection, self care and well being
- Aura Soma Essences and quintessence's
- Explanation of Attunement/Initiation process
- 21 day cleansing
- Personal Reiki 1 Attunement

PROMOTING A PROFESSIONAL AND HIGH STANDARD OF REIKI HEALING



- Guidelines for a Reiki session
- Correct breathing and posture
- Opening a Reiki Session
- Reiki self treatment using 13 hand positions
- Give and receive a full reiki treatment on a chair
- Special positions for treating specific illnesses
- The possible effects during and after a Reiki treatment
- Bringing Reiki into all areas of your life
- Grounding Techniques
- You are taught how to Cleanse your Aura and your environment.
- Golden Light Meditation
- Sharing of experiences of Attunement/Initiations and questions arising.
- Each student will practice giving and receiving Reiki.
- Opportunities for students to share workshop experience.
- Brief introduction to the various levels of Reiki

You will also receive:

- Reiki 1 Manual to take home for reference on all learning
- Certificate of Completion of Reiki Level 1 – in compliance with the RFI (Reiki Federation of Ireland)
- Continued support
- Follow up support session

At the end of this workshop we will arrange to meet for a follow up session of approx 2 hours, this usually takes place 3-6 weeks later. This allows us to share how you are getting on with Reiki, answer any questions you may have in the meantime and share some more Reiki.

This course will also:

- Provide a wonderful relaxing time for you to reflect and heal yourself
- Boost personal well being and direction
- Bring you to meet new like-minded friends

It is recommended to wait at least 2/3 months after completing Reiki Level 1 before going on to do Reiki Level 2, as the energies need to be integrated into the physical body and also to allow time to gain the experience of working with the energy before doing Reiki Level 2.

I always plan follow up courses with each group as we work through the levels with some people deciding to continue and new people joining the course, so please be assured all levels of Reiki will be available to you. If you have any further queries or would like to discuss any area of the course in more details, please feel free to contact me on 086 3473473

Your Investment: €175

[CLICK HERE TO BOOK YOUR PLACE](#)