

Course Title:	Reiki 1	
Course Description	<p>Reiki 1 is predominantly about self healing and learning more about your inner self. During the 10-week course we will be looking into the history of Reiki, the principles, breathing techniques, meditation and how to use Reiki in a practical setting.</p> <p>You will learn how Reiki can help you lead a happier and more positive life and how you can accomplish your challenges and deal with physical problems and emotions. The boundaries are limitless! You will find you are far more relaxed and that your relationships with others are enhanced.</p>	
Learning goals	<p>By the end of this course you should be able to:</p> <ul style="list-style-type: none"> • Carry out all activities with regard to the safety of yourself and others. • Describe Reiki, its history and the 5 principles • Develop Reiki techniques to assist relaxation and self-healing • Identify key elements of Chakra System • Use Intuitive & Traditional hand positions • Give & receive a full treatment on a couch & seated 	
Is this course suitable for you?	Students will require no prior knowledge of Reiki just a wish to embark on the Reiki path.	
Assessment/Feedback	Learners will receive continual feedback and informal assessment from the teacher and will be encouraged to monitor their progress using an Individual Learning Plan.	
What should you bring with you to the first session?	Please bring pens, coloured pencils, A4 paper, A4 clear plastic document wallets and an A4 folder to keep all your handouts in.	
Additional costs	None	
What next?	Subject Specific Courses:	General:
	<ul style="list-style-type: none"> • Reiki 2 • Crystal Healing • Meditation 	Please see our brochure , visit our website (www.lutonac.l.ac.uk) or call us for further details (01582 490033).
	LACL offer free group workshops on CV writing, job search and interview techniques held by our trained <i>nextstep</i> advisor. Please contact us to book your free place.	
Help Us to Help You	<p>The service is committed to ensuring that all learners whatever their needs have the best possible chance to enrol, progress, complete and achieve their course goals. Funding may be available to support the following: Examination fees; Travel costs; Books & Equipment; Registration Fees; Childcare; Hardship costs; Additional course costs; Learners with a learning difficulty or disability; Learners with skills for life needs.</p> <p><u>For further details contact us on 01582 490033.</u></p>	