



Tibetan Healing Center

TIBETAN ACADEMY, a California Nonprofit Public Benefit Corporation

REIKI I TRAINING

by Reiki Master Sondra Buschmann

What is Reiki? Reiki means Universal Life Energy. Many cultures dating back to ancient times have had the wisdom and knowledge that an unseen energy flows through all living things, and is directly related to the quality of health in life by stimulating vitality and well being. Reiki is an alternative relaxation and healing technique that attempts to equalize the energy imbalances in the body – imbalances that signify physical, emotional pain or strain. Reiki addresses body, mind and spirit accelerating one's ability to heal one's self. Reiki, as laid down by its re-discoverer Dr. Usui, has a simple set of procedures to follow, which were passed down to each of the Reiki Masters who follow his teachings. One's hands are placed strategically on the body. Reiki's use around the world, and in hospitals and medical centers, continues to grow.

Can anyone learn Reiki? Yes, it is easy to learn and can be taught to anyone. Reiki is simple, easy, effective and safe. Reiki allows everyone to connect with this unlimited energy and to transmit it through the hands, to themselves and others, creating the space for improved health and enhanced quality of life.

Will I be able to give myself Reiki? Yes, and it can be extended to help others safely and effectively. In fact, Reiki may speed the physical and the emotional healing process. Reiki is most effective when the individual you are helping is a willing participant in his or her own healing process.

Contact Hours for Nurses: The California Board of Registered Nursing will award to nurses thirty (30) required units upon completion of Reiki I (fourteen contact hours) and Reiki II (sixteen contact hours). Our Continuing Education Provider Number is CEP 13428.

After the training, what support is available? The Tibetan Healing Center has regular meetings in San Diego to provide Reiki practitioners an opportunity to practice Reiki, introduce Reiki to those who would like to experience Reiki, further our understanding of Reiki teachings, and provide an opportunity for healing. Hospice Services of San Diego welcomes Reiki practitioners giving Reiki as volunteers.

Reiki I Training

February 17, 18, & 19, 2012

March 16, 17, & 18, 2012

April 13, 14, & 15, 2012

Tibetan Healing Center, 4115 Third Ave, San Diego, CA 92103

Tuition: \$ 250.00 - Deposit: \$ 100.00 - Senior & Student: \$200.00 [**Register on reverse**]

Friday 7:00 PM to 10:00 PM

Saturday 10:00 AM to 6:00 PM

Sunday 12:00 PM to 6:00 PM

Wear comfortable and casual clothes. Jackets and sweaters may be needed for the evenings.

Please Note: Tape recording or videotaping is not allowed. Paper, water, tea and coffee will be provided. Meals are not included in the workshop fee.

Corporate Office

4115 Third Avenue ♦ San Diego, CA 92103

Ph: 619-325-0992 ♦ Fax: 619-692-1788 ♦ E-mail: Sondrab@tibetanacademy.org

San Diego, CA ♦ Sausalito, CA ♦ Costa Mesa, CA

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REIKI I REGISTRATION

(Please print)

Workshop Date: _____

Name: _____
(Please print your name as you would like it to appear on your certificate.)

Street Address: _____

City, State, Zip Code: _____

Home Phone: _____ Work: _____ Cell: _____

E-mail: _____

Please specify payment method by circling: Cash Check Charge

Full payment for class: \$ 250.00 – Deposit: \$ 100.00 – Senior & Student Discount: \$200.00

Make checks payable to: The Tibetan Healing Center

Please mail this Registration to:

Tibetan Healing Center
4115 Third Ave
San Diego, CA 92103

1-800-315-6663

619-325-0992

Fax 619-692-1788

*** or *** Pay by Credit Card

Pay by Credit Card (Visa/Master Card): **Amount to be Charged:** _____

Card #: _____ **Expiration:** _____ **Auth. Code:** _____

Signature: _____ **Today's Date:** _____

For Office Use: Date Paid: _____ *Will Mail Fee/Check:* _____ *Full/Deposit:* _____

Please see Next Page for DRIVING DIRECTIONS to The Tibetan Healing Center, San Diego, CA

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DRIVING DIRECTIONS to Tibetan Healing Center 4115 Third Ave San Diego, CA 92103

From the North take 15 South to 163 South

- Once you have crossed under Highway 8 look for the Washington West exit
- Continue on Washington West to Third Avenue
- Turn Right onto Third Avenue
- At the end of first block, turn Right onto Lewis Avenue
- Make an immediate Left back onto Third Avenue
- The Tibetan Healing Center [**4115 Third Avenue**] is the second building on the right
- Parking on the street during the weekend is permitted
- There are two off-street parking spaces in front of the garages marked "Tibetan Healing" signs

**** NOTE ** NO PARKING ON STREET BETWEEN 7:00 AM and 7:00 PM MONDAY THROUGH FRIDAY.**

From the North take 5 South to 8 East

- Take 8 East to 163 South
- Look for the Washington West exit
- Continue on Washington West to Third Avenue
- Turn Right onto Third Avenue
- At the end of first block, turn Right onto Lewis Avenue
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From the East take 8 West to 163 South

- Look for the Washington West exit
- Continue on Washington West to Third Avenue
- Turn Right onto Third Avenue
- At the end of first block, turn Right onto Lewis Avenue
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From the South take 5 North to 163 North

- Take Washington East turn off
- Once onto Washington East, at next street **make a U-turn** and head West on Washington
- Continue on Washington West to Third Avenue
- Turn Right onto Third Avenue
- At the end of first block, turn Right onto Lewis Avenue
- Make an immediate Left back onto Third Avenue
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