

CONGRATULATIONS!

By signing up for Reiki Level 1 training, you have joined a community of people who are trying to make the world a happier, healthier, more holistic place one energy field at a time.

Your training details are as follows:

4th May 2024

10am to 7pm

Blackhall Court Yoga

250-252 Queensferry Rd, Edinburgh EH4 2BR

During your training, you will receive a reiki attunement. This will clear your body's energetic pathways, allowing reiki energy to flow through easily and clear any blockages that may be present.

To make the most of your initiation, you may also want to have a period of purification beforehand. Your body will thank you for taking cautionary steps before exposing it to the attunement process. If this is something you wish to do, I recommend:

- Eliminating (or reducing) the intake of meat, fowl and fish from your diet for three days prior to the attunement;
- Avoiding alcohol for at least three days before the attunement;
- Consider doing a water or juice fast for one to three days before the course; and
- Avoiding outside stimulation such as TV, radio, computers and newspapers.

Smokers should also take care to smoke as little as possible for the day before the attunement.

If you are on any medication, please continue to take it as prescribed.

It's also important that you get a good night's rest the evening before training. In the morning, if you are not fasting, eat a light, healthy breakfast. You can find out which foods best fuel your chakras [here](#).

A few reminders for the actual day:

- Herbal teas are supplied throughout training, but you will need to bring your own light lunch.
- Wear light-coloured clothes (white is best).
- Please bring a paper and pen for any notes you may need to take.

Should you have any crystals or precious stones you wish to add to the circle, feel free to bring those with you.

If you have any questions, please do get in touch. If not, I look forward to welcoming you into the world as Reiki Practitioners.

Sending light, love and healing,

Esme x