

# Reiki Level 1

*Dorian Abel, MS*

*Reiki Master*

**Saturday, March 10 and Saturday, March 17**

**1:30 – 5:30**

**\$125 Prepaid/\$150 First Day of Class**



*Healing Yoga*

**1397 E. Main St. (Route 724)  
Douglassville, PA**

- **The history and principles of Reiki.**
- **Attunements (activation of Reiki energy) for Level I.**
- **Hand positions for practice on yourself.**
- **Hand positions and time to practice on others.**
- **How to incorporate Reiki into your life for increased well-being.**

**Please pre-register and pay in full to reserve a space.**

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**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

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**Address** \_\_\_\_\_  
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**Amount enclosed** \_\_\_\_\_ **Email** \_\_\_\_\_

**How I want my name to appear on my certificate:**

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**Please send check to Dorlan Abel, P.O. Box 13, Bechtelsville, PA 19505**

**Or register online: [www.healingyogapa.com](http://www.healingyogapa.com)**

**610-369-0831**

**[dorlan@healingyogapa.com](mailto:dorlan@healingyogapa.com)**