**Reiki III Class Overview**

**Introduction to Reiki III**

* + **Energy Basics**
  + **Energy Practice**

**Refresher on Reiki 1 and Reiki 2**

**Attunements**

**Reiki Symbols**

* + **Learn Reiki 3 Symbols**
  + **Practice**
  + **Usage**

**Passing Attunements**

* **What is an Attunement?**
* **Thoughts on Passing Attunements**
* **Tips for Passing Attunements**
* **Step-by-Step Instructions**
* **Practice**

**Self -Care for Reiki Masters and Healers**

* **Balancing the Body, Mind and Spirit**

**Balancing the Chakras**

* + **Root Chakra – First Chakra (1st)**
  + **Sacral Chakra – Second Chakra (2nd)**
  + **Solar Plexus – Third Chakra (3rd)**
  + **Heart Chakra – Fourth Chakra (4th)**
  + **Throat Chakra – Fifth Chakra (5th)**
  + **Third Eye Chakra – Sixth Chakra (6th)**
  + **Crown Chakra – Seventh Chakra (7th)**

**Attunement and Reiki Practice**

**Tools and Teaching Materials for Masters**