**Reiki II Class Overview**

**Introduction to Reiki II**

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

**Introduction to Symbols**

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

**Distance Healing**

* **Methods**
* **Practice**

**Giving Reiki**

* + **Working through the process**
  + **Practice**
  + **Giving a Reiki Treatment**

**Self -Care for Practitioners**

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

**Attunements**

**Reiki Hands-On Practice**