

Reiki Healing Center Newsletter - March and April 2019

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www.reikihealingcenter.org

<https://www.facebook.com/reikihealingcenter/>

FREE COMMUNITY REIKI MINI SESSIONS

Fourth Mondays Community Reiki held on March 25 and April 22 (None on Memorial

Day) from 1 to 3pm at the Media Fellowship House, 302 South Jackson St. Media, PA 19063. Location is handicapped accessible. At 2:30PM the handicapped parking opens up to all.

Call Myra Reichel 610-348-5698 for information

On various dates and time at the Vitamin Shoppe at 1058 Baltimore Pike, Springfield, PA 19064.

Location is handicapped accessible. Call Myra 610-348-5698 for schedule.

COMMUNITY REIKI/REIKI SHARES \$5-\$20 Donation

At GOOD KARMA YOGA AND BARRE, 55 State Rd. 2nd floor, Media, PA 19063, All are welcome. Park in either rear lot on Overhill Road, enter door on State Rd. Second Saturday Community Reiki and Reiki Share – March 8, April 13, May 11 from 1 to 3pm. RSVP Myra: 610-348-5698.

Also at Good Karma Yoga, 3-5pm: KRIYA YOGA class on Second Saturdays, usually once per month. \$5-\$20 Donation. Please RSVP to confirm and get info on initiation - Frank Lock at lock796@gmail.com or cell phone 484-947-1096.

COMMUNITY REIKI/REIKI SHARES \$10-20 FEE & PRIVATE SESSIONS JOAN

Third Thursdays Daytime Reiki Share and Community Reiki at Heart Space 205 West Baker Street, Media, PA 19063 from 12:30 to 2:30 pm, led by Joan Nikelsky. NOTE: This event was on the first Thursday and has been moved to the third Thursday. In 2019: March 21, April 18 (Contact Myra about May 16), June 20. The fee is on a sliding scale of \$10-20, payable at the site (call for special rate for unemployed). Please bring a check or exact change. Dress comfortably. Sessions will be on a massage table or a reclining chair. RSVPs are appreciated. Contact Joan Nikelsky at ReikiJoan@live.com or 215-498-5346. Private Reiki and/or chakra balancing sessions of one-half hour or one hour can also be arranged before or after the Reiki Share or at other dates/times by appointment. Contact Joan 215-498-5346 for sliding scale information and available times.

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PRIVATE SESSIONS & CLASSES MYRA

Myra Reichel, Reiki/ Karuna Reiki ®/ Magnified Healing® Phase 1 and/or Phase 3 Sessions and Classes, plus Gurdjieff Meetings, call 610-348-5698 or email myra@reikihealingcenter.org. Sessions by appointment: Low-income, veterans, disabled call for info on discounts. Half hour session is \$50 (4 sessions paid in advance is \$180), full hour session is \$80 (4 sessions paid in advance is \$280), and an hour a half session is \$115 (3 sessions paid in advance is \$300). Three 20- minute Distance/Remote Healing sessions are \$60. Both sessions and classes are held by appointment at Good Karma Yoga and Barre or for an additional fee at your location.

Class Descriptions for Reiki, Karuna Reiki®, Holistic Practitioner, Ethics, and Magnified Healing® Workshops with Myra Reichel are listed below in Classes and Workshops with Myra Reichel and on the “Myra’s Classes” page of our website https://www.reikihealingcenter.org/myras_classes.htm

Continuing education credits are available for nurses, massage therapists, and bodyworkers; go to Continuing Education-Nurses, Bodyworkers, and Massage Therapists https://www.reikihealingcenter.org/continuing_ed_massage.htm

Classes and Workshops with Myra Reichel

Scheduled Reiki Classes All Levels or by appointment

Reiki I Shoden, Reiki II Okuden, and Shinpiden Reiki Master offer CNE for nurses. Reiki I Shoden, Reiki I Shoden Secondary, Karuna Reiki I, Karuna Reiki ® I, Karuna Reiki I(R) I are approved by the NCBTMB for CE.

Saturday March 9, **Reiki 1 Shoden** - First class of two 6-hour classes, 8:30am to 11:30 and then join in for 1-3pm Reiki Share as part of class, with second class on Saturday April 20 this day also with possible hour and a half lunch break, or by appointment other date. 10 CNE for nurses or 12 CEU for massage therapists and bodyworkers. \$350 for 12 hours, includes workbook and certificate.

Saturday March 9, **Reiki 1 Shoden** - First class of four 3-hour classes, 8:30-11:30 with 2nd class on Saturday April 16, 3rd class March 23, and 4th class March 30 or by appointment. 10 CNE for nurses or 12 CEU for massage therapists and bodyworkers. \$350 for 12 hours, includes workbook and certificate.

Sunday March 10, **Reiki 2 Okuden** – First class of two 6-hour classes, no lunch break, with second class of two 6-hour classes on Saturday March 16, 9am to 4:30pm, with hour and a half lunch break, or by appointment,. \$400 for 12 hours with workbook and certificate.10 CNE for nurses.

Tuesday March 12, **Reiki 1 Shoden** - First 6-hour classes, 1 to 7pm, with 2nd 6-hour class Wednesday March 13, 9am to 3pm, or by appointment. \$350 for 12 hours and workbook and certificate. 10 CNE for nurses and 12 CE for massage therapists and bodyworkers.

Thursday March 14, Reiki II Okuden Secondary Course – 10:30am-4:30pm, 6 hours of classes plus workbook and a certificate.\$200 or no workbook \$175.

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Thursdays March 14 **Reiki Master Practitioner** – 10:30am-4:30pm continues on March 21 or other date by appointment 12 hours of classes plus 2 workbooks and a certificate.\$400.

Thursdays March 14, **Shinpiden Reiki Master** continues on March 21, March 28, and April 11 or by appointment– Four days of 6-hour classes 10:30am-4:30pm. 24 hours of class total, 22 CNE for nurses. \$800 includes certificate and 4 workbooks.

Friday, March 15 **Reiki II Okuden** 9am to 12:45 and 2:45 to 4:30pm.– 1st of 2 6-hour class, with hour and a half lunch break 2nd class Friday, March 29, 12 hours, certificate 10 CNE for nurses and workbook \$350.

Saturday March 16, **Reiki 2 Okuden Secondary Course** –One 6-hour classes, 9am to 4:30pm with hour and a half lunch break, can be taken alone for review if already have Reiki 2 certificate any lineage. 6 hours, certificate 6 CE and workbook \$200 or \$175 without workbook.

Saturday March 16, **Reiki Master Practitioner** – First class of two 6-hour classes, 9am to 4:30pm, with second class on Saturday March 30 9am to 4:30pm, or by appointment. \$400 for 12 hours, includes 2 workbooks and a certificate.

Saturday March 16, **Shinpiden Reiki Master** - First class of four 6-hour classes and a second class Saturday March 30, both days 9am to 4:30pm with hour and a half lunch, then 2 additional dates by appointment to learn attunement process. 24 hours of class total, 22 CNE. Or schedule entire 24 hours by appointment. \$800 includes certificate and 4 workbooks.

Sundays March 17, **Reiki II Okuden** - First of three 4-hour classes, 1-5pm with 2nd class Sunday, March 31 and 3rd class Sunday, April 14 or by appointment. \$350 for 12 hours, includes workbook and certificate. 10 CNE for nurses.

Sundays March 17, **Reiki II Okuden** - 1st class of four 3-hour classes, 1-4pm with 2nd class Sunday, March 24, 3rd class Sunday, March 31, and 4th class Sunday, April 14 or by appointment. \$350 for 12 hours, includes workbook and certificate. 10 CNE for nurses.

Monday March 18, **Karuna Reiki® I** – 9am to 5pm, 10 CE for massage therapists and bodyworkers. 8 hours class plus workbook and certificate from International Center for Reiki Training \$350.

Monday, March 18 **Karuna Reiki ® Secondary Course** 1-5pm, 4 CE for massage therapists and bodyworkers for those who have taken Karuna Reiki ® before. 4 hours \$150 RHC certificate no workbook.

Friday March 29, **Reiki II Okuden Secondary Course** 9am to 12:45 and 2:45 to 4:30pm.– one 6-hour class, 9am to 4:30pm with hour and a half lunch break, can be taken alone for review if already have Reiki 2 certificate any lineage. 6 hours, certificate 6 CE and workbook \$200 or \$175 without workbook.

Fridays March 29– **Reiki Master Practitioner** – First day of two 6-hour days. Then April 12th. 9am to 12:45 and 2:45 to 4:30pm. 12 hours classes, 2 workbooks, and certificate. \$400

Fridays March 29, April 12, April 26, and May 3, **Shinpiden Reiki Master** – Four days of 6-hour classes 9am to 12:45 and 2:45 to 4:30pm. 24 hours of class total, 22 CNE for nurses. \$800 includes

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certificate and 4 workbooks.

Saturday March 30, **Reiki Master Practitioner** - Second class of two 6-hour classes, but may be taken first if you have taken Reiki 2 Okuden (Japanese Reiki techniques) already. 9am to 4:30pm with hour and a half lunch or stay until noon and schedule second half of 6-hour class by appointment. 12 hours includes certificate and 2 workbooks, \$400. Already have Okuden and Reiki master symbols. Review class \$150, no workbook.

Sunday, March 31, **Reiki II Okuden Secondary Course** and Sunday, April 14 1-4pm for those who have their Reiki II certificate in any lineage 6 CE for massage therapists and bodyworkers plus workbook and certificate \$200 or \$175 without workbook.

Fridays April 12 and 19, **Reiki 1 Shoden** – Two 6-hour classes, 9am to 12:45pm and 2 to 4:15pm each day with an hour lunch break or schedule by appointment. \$350, 12 hours, includes workbook and certificate. 10 CNE.

Saturday April 20 Reiki I Shoden Secondary Course 8:30-11:30am and 1-3pm for those who have a Reiki I certificate from any lineage note on this day possible hour and a half lunch break, or by appointment other date. 6 CEU for massage therapists and bodyworkers. 6 hours, includes workbook and certificate \$200 or \$175 without workbook.

Scheduled Magnified Healing ® Workshops or by appointment

Saturday March 16 and/or March 30 **Magnified Healing(R) review**, 4:30 to 5:30. Bring your certificate or workbook. \$20 for 1 class \$30 for both classes. Handouts of sacred names included. No workbook given.

Saturday and Sunday April 6 and 7, **Magnified Healing(R) Phase 1 or Phase 3** Workshop, 8 hours both days. If you need shorter hours per day add Friday or Monday to your class or schedule by appointment other dates. Workbooks and other materials included, call for details, 610-348-5698.

Sunday April 7 and Monday April 8, **Magnified Healing(R) Phase 1 or Phase 3** Workshop, 8 hours both days. If you need shorter hours per day add Friday or Monday to your class or schedule by appointment other dates. Workbooks and other materials included, call for details, 610-348-5698.

ETHICS CLASSES by appointment

Ethics classes are held at scheduled times on the calendar and in the newsletter or by appointment. Please note: Students taking Ethics classes must obtain a copy of *The Ethics of Touch* by Ben Benjamin and Cherie Sohnen-Moe from the teacher for an additional \$35 unless they bring their own copy to class. Approval has been received for the entire Ethics of Touch book from NCBTMB for massage therapists and bodyworkers to receive CEU credit but information is not yet published on their website (Supervision still needs to be confirmed). Fee \$50 per two hour class. By appointment. See www.reikihealingcenter.org/classes on website for class descriptions.

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These classes are approved for both live or over internet by the National Certification Board for Therapeutic Massage and Bodywork NCBTMB

Ethics Fire Drill for Practitioners (2CEU) Ethics

Ethics Fire Drill for Practitioners (4CEU) Ethics

Ethics of Dealing with Sexuality Issues for Hands-on and Hands-off Practitioners Live (4CEU)Ethics

Ethics Applied Ethical Practice Management 1/Live/2CE/Ethics

Ethics Applied Management 2 /Live/2CE/Ethics

Ethics Applied To Career and Livelihood 3/Live/2CE/Ethics

Ethics Applied Money 4 /Live/2CE/Ethics

Ethics Applied Dynamics of Communication 5/Live/2CE/Ethics

Ethics Applied Effective Communication 6/Live/2CE/Ethics

Ethics Cases of Trauma 7/Live/2CE/Ethics

Ethics Applied Trauma 8/Live/2CE/Ethics

Ethics Applied Supervision – under consideration

Ethics Applied - Live full course consisting of all Ethics Applied Titles Live/16-18CE/Ethics

HOLISTIC PRACTITIONER AND ITS SUB-COURSES approved by NCBTMB for CE

Applied Holistic Practitioner a and b or b and a (12 CEU) - two classes to learn the basics of setting up a holistic practice and receive for self-care and practice giving sessions to develop skills. Course may be taken as two 6-hour classes in either order: class a then class b, or class b then class a, for \$300 per 12 hours of class. You can also take class a or class b as a Secondary Course (6CEU) for \$150 for 6 hours of class, or part of a class, or part of b class as Conversations (4CEU) for \$100 for 4 consecutive hours of an a or b class, or as Chapters (2CEU) \$50 for 2 consecutive hours of a or b class. Please discuss your needs with teacher prior to class so appropriate topics are chosen. Any number of hours can be scheduled by appointment. Contact Myra Reichel 610-348-5698.