



The Benefits of Reiki

- Great for stress reduction and increases relaxation.
- Creates a sense of inner peace.
- A valuable tool for spiritual growth.
- Balances the mind and emotions. Regular treatments can bring about a more peaceful state.
- Assists memory and mental clarity.
- Heals emotional wounds.
- Alleviates mood swings, fear, frustration and anger.
- Enhances personal relationships by teaching you to connect with others on a deeper level.
- Relief from migraines, anxiety, depression, arthritis, sciatica, asthma, chronic fatigue, menopausal symptoms and insomnia.
- Speeds up recovery from surgery or long-term illness.
- Assists in reducing side effects of medication i.e. chemo-therapy etc.
- Regular treatments support overall health and wellbeing.

Reiki is safe for everyone. It supports health and wellbeing for adults, babies, toddlers, children, the elderly and pets.



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Mind, Body & Spirit

LEARN REIKI

At Spring Creek Community House

Reiki is a profound way of discovering who you truly are. It supports healing and self-development and enables our light to shine.

– Nikki Staley, Ph.D



Staley Health

All lineages welcome.



REIKI COURSES

Shoden Level I

Shoden means the first level of teaching in the traditional Japanese branch of Reiki called Usui Reiki Ryoho.

In this course you will learn the beginning of experiencing Reiki and how Reiki and our energy play a great role within our lives. You will receive a treatment, practise Reiki exercises and have an opportunity to practise Reiki on other participants in a supervised group setting. Reiki I will be run over 2 days from 10am to 5pm. Please check the website (www.staleyhealth.com) for upcoming dates and venue details. You will be provided with a manual, pen and note pad if you wish to take notes. You may wish to bring a bottle of water and a blanket.

Cost \$445.00



Okuden Level II



You need to complete the Shoden Reiki Level I training before you can participate in Reiki Level II.

Okuden traditionally means “inner teachings”, which includes treating others with Reiki, learning distant healing methods and treating yourself. In this course you will learn how to connect on a deeper level to the Reiki energy by using symbols which enhance your Reiki practise on a physical, mental and spiritual level. Working with the symbols during your treatments you receive a greater level of mental clarity and emotional healing in yourself and in those you are treating. The symbols also assist treating others from a distance.

At this level you will be trained on how to work professionally with Reiki. Unlike other types of body work, Reiki enhances treatment outcomes without depleting your energy levels. Reiki II will be run over 2 days from 10am to 5pm. Please check the website (www.staleyhealth.com) for upcoming dates and venue details. You will be provided with a manual, pen and note pad if you wish to take notes. You may wish to bring a bottle of water and a blanket.

Cost \$495.00



Shinpiden Level III (Reiki Mastery)



You need to complete the Okuden Reiki Level II training at least 12 months prior, before you can participate in Shinpiden Reiki Level III training.

Reiki Master or Reiki Level III courses are traditionally called Shinpiden and mean “mystery teachings”. During this course you will journey into self - mastery, deepening your connection to Reiki, yourself and others. You will expand your energy and be able to teach if you wish.

You will learn what a Reiki Master is and how this is much more than simply learning how to attune other people to Reiki. You will learn how to master and apply simple techniques to practise in your everyday life. Reiki Mastery is run over 3 days from 10am to 5pm. Please check the website (www.staleyhealth.com) for upcoming dates and venue details. You will be provided with a manual, pen and note pad if you wish to take notes. You may also wish to bring a blanket and bottle of water. There are two payment options for this course. You can either pay in two instalments or pay in full upon booking.

Cost \$1,695.00