

# Birmingham Reiki Workshop Information

Reiki is amazing! I'm glad you are starting or continuing your Reiki journey!

Begin to take notice of what shifts you are experiencing in your life as a result of deciding to learn Reiki. You may want to journal about what changes you are noticing. Also, set the intention for what changes you'd like to experience in your life as a result of connecting with the energy of Reiki.

Here is some helpful information for your Reiki workshop experience including all the logistics.

## **General Information:**

- We will be in the Commons room which when looking at the main doors of Birmingham Unitarian Church it is to the far left. There is a door that takes you right into the glass corridor and we are in our own separate space to the left called The Commons.
- The room temperature may fluctuate so dress in layers.
- Please be sure you can attend the entire scheduled class times.
- We will be observing a 6-foot + of physical distancing. Face coverings are required, too.
- Please do not wear any perfume as some attendees may be sensitive to fragrances. Pure essential oils like Young Living or DoTerra are acceptable in moderation.
- For Reiki I/II read the notes below regarding arranging someone to work on at home (or remotely) on the Saturday evening of class.
- The location where the workshop is i.e. the Birmingham Unitarian Church is a non-smoking campus including the parking lot, walkways and grounds. If you smoke, please extinguish smoking materials while in the car. I apologize for any inconvenience this may cause.

## **What to Bring with You:**

- A yoga mat or blanket is highly recommended. This will give you the option to lie down on the floor for the Reiki self-treatments.
- Snacks: nuts, protein bars, fruit etc. to tide you for the workshop hours you are attending. There is a refrigerator in the classroom space.
- A notebook/journal and a pen.
- Bottled water. There is tap water for refilling purposes.
- A print-out of the Reiki symbol pdf that I'll be sending you.
- Hand-sanitizer and cleansing/disinfecting wipes or spray (to use on your yoga mat and your belongings). I will have cleaning products that everyone can use, too (see below).
- A face covering (that covers the nose and mouth) that you can wear during class and on breaks (with the exception of outdoor breaks).

### **Etiquette and Covid-19 Precautions and Guidelines:**

- There will be a pre-class questionnaire/agreement for you to take about symptoms, exposure and risk that will need to be signed just prior to class (each day that you attend).
- I will be taking your temperature upon arrival each day. For this I'll wear a face shield and a face mask as I'll have to stay right beside you for this.
- Air hugs only. I love to hug, but to be safe with Covid-19 it's a non-contact class.
- All snacks must be consumed outside of the building.
- Maintain at least six feet of distance between yourself and others in the class and on breaks. And wear face covering at all times in the building.
- I'll be wiping down the metal portions of the chairs with disinfectant prior to you arriving as well as wiping down the doorknobs, faucets, other handles, etc.

### **What I'll Provide:**

I will have disinfectant wipes\*\*, disinfectant spray, paper towels, tissue, and hand-sanitizer\* for the group. I will also bring additional disposable masks in case anyone forgets to bring a mask to class.

We won't be referencing the Reiki manuals in class ... so the Reiki I/II manual will be available at the end of class Friday night. And the Master and Teacher manual will be provided at the end of class on Sunday night.

I'll be sending you a pdf of the Reiki symbols ahead of class. You'll want to familiarize yourself with the symbols. The attunements activate the symbols...so pay attention to what you notice before the class when drawing the symbols and what you notice after the attunement.

\*Please bring a personal size hand sanitizer.

\*\*Bring disinfectant wipes if you don't want to touch the container used by the group.

### **Reiki Class Times by Level:**

#### **Reiki I/II:**

Friday 6:00pm-10:00pm (in-person)

Saturday 9:30am-2:30pm (in-person)

Saturday: 5:00pm - 7:00pm (online)

#### **Reiki Master:**

Sunday 1:30-5:30pm (in-person)

#### **Reiki Teacher's Class:**

Sunday 6:00pm-8:30pm (in-person)

**Location:** The Birmingham Unitarian Church is at the corner of Lone Pine and Woodward. The address is 38651 Woodward Ave., Bloomfield Hills, MI 48304.

**Classroom:** Viewing the building from the parking lot we are on the far left of the building. You'll go in through the doorway to the left of the main door (i.e. the door by the mailbox that goes into a glass corridor. We will be in the Commons Room.

**Hotel Information:** See last page in the logistics for suggestions.

**Parking:** The Birmingham Unitarian Church has a large parking lot. If for some reason the lot is full (highly unlikely) you can park in the commercial office building parking lot that is adjacent to the church parking lot.

**What to do Before the Course:** It is a good idea to have a light weekend planned especially if you are taking three or more levels. Come to class well-rested.

## **Reiki I/II: Remote Reiki & Hands-On Reiki Practice**

### **Remote Reiki Practice**

If possible, get permission from 2 people for remote Reiki.

One person will receive remote/long-distance Reiki from you one-on-one during a guided remote Reiki practice. This will take place beginning as early as 11:30 on Saturday (or as late as 12:30). If the recipient can relax at home with eyes closed during the practice that would be ideal.

The other individual you select will receive Reiki for a shorter duration, but from the whole group. This practice will take place as early as 12:00 or as late as 1:00 on Saturday.

Or you can do Reiki to one person and one pet for the long-distance Reiki exercises.

The persons or pets don't need to have any kind of issue (health or otherwise). For many Reiki is sought out to simply boost well-being. Most recipients of Reiki report feeling relaxed, clearer and calmer.

The individuals receiving the long-distance Reiki do not have to be available during the practice, however if they are available then you can text just before we practice.

### **Hands-On Reiki Practice**

Do you have a lucky someone you can safely work on at home? If so, have your person (or pet) available at 6:00pm on the Saturday of the Reiki I/II course.

We finish the in-person part of the class Saturday at 2:30pm. We begin virtually on Zoom at 5:00pm. Then at 6:00pm I'll guide you in giving Reiki to your person at home.

The person can lay on a massage table (if you have one), or on the sofa or a couch or even the floor. The most comfortable for you and the person is a massage table.

If you don't have someone you can work on in-person at home, you can set up a long-distance/remote Reiki session for this time. This will be a longer remote practice i.e. about 40-45 minutes.

Then later on our follow-up Zoom call (date and time to be determined in class) you'll be guided in doing the hands-on practice again on someone at home (or even remotely).

### **Reiki Master**

In the Master class the focus will be on self-healing. You'll learn how to do the energetic release practice and you'll practice on yourself. And you'll learn how to clear and balance the chakras. Then later on our follow-up Zoom call (date and time to be determined in class) you'll be guided in practicing the energetic release process on someone at home (or even remotely).

### **Teacher Training**

We'll be practicing the Reiki attunements in class with physical distancing (like everything else in class).

### **Snacks**

Throughout the workshop we'll have short breaks where you can step outside and have a snack. Please bring snacks with you to tide you over.

## How do I Complete my Payment for the Reiki Classes?



Just click this [payment link!](#) The balance of the course fee is due one week ahead of the course if the course fee is \$475 or less. If the total course fee is \$675 or above a secondary payment of \$275 is due a week ahead of time and the is due one day before the course. You can pay over the phone by calling (720) 683-0444. [Click this link](#) to pay your balance/make your secondary payment.

**What is the Registration/Transfer/Cancellation Policy?** The deposit is non-refundable, however, it is transferrable now until 10/31/22! See the full policy on [transfers/cancellations/payment here.](#)

If you have any questions you can reach me at (720) 683-0444 or at [lisa@lisaguyman.com](mailto:lisa@lisaguyman.com). Looking forward to seeing you at the Reiki Workshop! It's going to be amazing.

Lisa

Chopra Meditation Instructor,  
Reiki Master, EFT Practitioner  
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### **Reiki Class Location Additional Information**

The Birmingham Unitarian Church is at the corner of Lone Pine and Woodward on the North side of Lone Pine and the West side of Woodward. The address is 38651 Woodward Ave., Bloomfield Hills, MI 48304. The building is beige brick and looks more like a school than a church. Here is a link [a map of the class location](#).

If you need any assistance with directions, you can call me at (720) 683-0444 and I'll guide you to the space.

#### **Accessing the Parking Lot from Lone Pine:**

**Driving South on Woodward:** If you are driving South on Woodward take a right on Lone Pine (traffic light). Take a right in about 50 feet at driveway that flows into a large parking lot. This is the church parking lot. There is a low sign that says Birmingham Unitarian Church.

**Driving North on Woodward:** If you are driving North on Woodward take a left on Lone Pine (traffic light). Take a right in about 50 feet at driveway that flows into a large parking lot. This is the church parking lot. There is a low sign that says Birmingham Unitarian Church.

**Accessing the Parking Lot from Woodward:** If you are driving South on Woodward from Long Lake you can enter the parking lot directly from Woodward. It will be on your right. It's a sudden turn into the lot from Woodward...or you can simply go past the Woodward entrance and turn right on Lone Pine and right into the lot (see directions above).

**Classroom:** Viewing the building from the parking lot we are on the far left of the building. You'll go in through the doorway to the left of the main door (i.e. the door by the mailbox that goes into a glass corridor. We will be in the Commons Room.