

## Denver 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 South Parlor Room which is in the front of the building. Access to the building will be through the single glass door via the ramp entrance (the main entry double doors will be locked).
- 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-feet + 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.

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

- Snacks: nuts, protein bars, fruit etc. to tide you for the workshop hours you are attending. There won't be access to a fridge for the class so just bring anything that will be okay at room temperature or pack a cooler.
- 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.
- 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 disinfecting 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
- 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.
- All snacks must be consumed in the great outdoors (outside our classroom).
- 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 Information:** The Reiki Class location is 1955 E. Arizona, Denver, CO 80210. We are in the South Parlor room at the Washington Park United Methodist Church.

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

**Parking:** There is a nice size parking lot and if there is space you can park there or there is on-street parking (non-metered) around the building as well, however, be sure to read the parking signs for any restrictions. Here is a [map to the location](#). The location is East of Washington Park.

**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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**Where to Stay if Coming from Out of Town - Glendale/Cherry Creek/Southeast Denver –** Cherry Creek has tons of restaurants and shopping, etc. All hotels within 10-15 minutes of class location with the exception of the Embassy Suites which is about 20 minutes.

### **Closest Hotels**

[Hilton Garden Inn](#). 600 S. Colorado Blvd. Denver, CO, 80246. Newer and a nice hotel.

[Hampton Inn](#) – 4150 East Kentucky Avenue. Denver, CO, 80246 By Barnes & Noble/Starbucks and Whole Foods.

[Hyatt Place](#) – 4150 East Mississippi, Glendale, CO 80246

[Marriot Courtyard Denver](#) Cherry Creek – 1475 S. Colorado Blvd – Denver, CO, 80222.

[Fairfield Inn](#)– 1680 S. Colorado Blvd. Denver, CO, 80222.

[JW Marriott](#) – 150 Clayton Ln, Denver, CO 80206. Right in Cherry Creek North. Nice but expensive.

### **Hotels A Bit Further Out**

[Embassy Suites](#) – 7525 East Hampden Avenue, Denver, CO, 80231. This is very close to a fabulous Whole Foods.

**Downtown Denver Hotels and Other Hotels in the Area –** You could also stay in Downtown Denver or the Tech Center. The Westin, The Oxford, Magnolia, Embassy Suites, etc. are downtown. Downtown is about **25-35 minutes** (depending on traffic) drive from class location. Expect to pay for parking downtown. Or use a taxi or Uber or Lyft to class location.