



**JULY
17-20
2017**

Reiki 1 Certification Retreat

SHANTI YOGA RETREAT Wolfe Island, Kingston

Take a summer midweek break to immerse yourself in Reiki! This 3-night, four day Reiki 1 training will also allow you to enjoy all the amenities of Shanti retreat and includes yoga everyday. During this course, you'll learn about the



history of Reiki, the 5 Reiki ideals, hand positions for treating yourself and others, and basic Reiki techniques. This course follows the curriculum of the International Centre for Reiki Training (ICRT) and meets course standards of the Canadian Reiki Association. By the end of this course, you'll be well-prepared to practice Reiki on yourself, family and friends and have a certificate to prove it!

This training will run concurrently with a regular yoga retreat, so you can bring friends or family with you to enjoy Shanti!

... w/Reiki Master Teacher Kimeiko Dover

Reiki is a gentle hands-on technique which supports physical, emotional, mental and spiritual healing.

During this retreat you not only receive certification to practice Reiki 1, you will also enjoy all the benefits of a getaway at Shanti Retreat!

The reiki 1 course fee includes:

- a comprehensive manual, *Reiki the Healing Touch First and Second Degree* by William Lee Rand, which can be used for reiki levels 1 and 2
- a powerful placement reconnecting you with reiki energy
- plenty of hands-on practice giving self, spot, chair and full table reiki treatments
- reiki 1 certificate



Participants of this training will also enjoy daily yoga with teacher Kellie Dearman. After the course, Kimeiko will encourage you to continue learning and practicing reiki by inviting you to:



- join a private online forum for sharing reiki experiences, questions and events
- attend reiki shares, courses, retreats and any other events she coordinates
- audit reiki courses you have previously completed with her, at no charge (space permitting)

Special Notes

- participants who have previously completed Kimeiko's Reiki 1 certification course are eligible to audit any or all components of the reiki retreat course for the yoga retreat rate
- Retreat participants who have studied reiki with any teacher at any level are encouraged to practice reiki with other retreat participants throughout the retreat!

Your Retreat Hosts

Kimeiko Hotta Dover is a Reiki Master Teacher, certified in Siam and Usui/Holy Fire Reiki II. She offers reiki sessions, and courses in Thornhill, Ontario. Kimeiko is also a Professor at Seneca College in Toronto with 25+ years experience teaching adults, and is the mother of 3 teenagers! Kellie Dearman has been teaching gentle hatha yoga and meditation for 13 years. She encourages variations and offers adaptations for every body. Kellie's style is sensitive to trauma and stress-related conditions.

Meals and Accommodation

Shanti's idyllic setting makes for the perfect retreat. Located on the shores of the St. Lawrence River, Shanti has something for everyone! Shanti provides two delicious vegetarian meals daily, and a self-serve breakfast or morning snack. Coffee is available in the morning, and tea at all times. Please let us know about any major dietary restrictions. The retreat experience involves getting to know others with similar interests. Be prepared to share accommodation with a small group if coming on your own. If attending with friends, please let us know ahead of time. A small number of rooms are available for semi-private bookings. Find out everything you need to know about Shanti Retreat at: shantiretreat.ca

How to Get There

The free 20-min car ferry to Wolfe Island leaves from downtown Kingston every afternoon on the hour. Try to arrive at least 1hr early to ensure you get on the ferry of your choice. Check return schedule for departures: wolfeisland.com

Reiki 1 Rates

Shared Rooms:
(3 or 4 per room)
\$675 per person, with all meals and sessions.
Yoga retreat only: **\$525**

Semi-private:
\$725 pp (2 per room)
Yoga retreat only: **\$575**

\$100 non-refundable deposit due on booking.
Balance due **July 7**

Book your spot!

Kellie Dearman
613-395-4977 or
info@awareyoga.com
Preferred payment is Interac transfer or cheque.

More reiki course info:

Kimeiko Dover at
reiki@kimeiko.com
or check out her website:
kimeiko.com

RETREAT SCHEDULE

MONDAY

- 2:00 pm Arrive any time after 2pm and get settled
5:00-6:30 Gentle Hatha Yoga w/Kellie
6:45 Dinner
8:30 Opening Circle /Intro to Reiki and Meditation
w/ Kimeiko

TUESDAY

- 7:30 Self-Serve Breakfast
9:00-11:30 Energy clearing w/sage
Reiki talk: history, lineages and levels, Reiki ideals
12:00 Lunch
1:00 Reiki placement
Reiki energy/chakras and scanning
Spot, self-treatments and chair reiki
4:15-5:45 Hatha Yoga w/Kellie
6:00 Dinner
8:00 pm Chakra Workshop w/Kimeiko and
Yoga Nidra w/Kellie

WEDNESDAY

- 7:30 Self-Serve Breakfast
9:00-11:30 Energy clearing with Reiki
Meditation
Reiki equipment/table reiki
12:00 Lunch
1:00 Practice table reiki
4:15-5:45 Hatha Yoga w/Kellie
6:00 Dinner
8:00 pm Chair/table reiki with Kimeiko/retreat participants



THURSDAY

- 8:00 Light morning snack
8:30-10:00 Gentle Hatha Yoga w/Kellie
10:15-10:45 Maintaining your Reiki practice
11:00 Brunch
12:30 Closing Circle/Reiki 1 Certificates/Group Photo