

Level	Date	Class	Teaching/Discussion Topic	Practice	Description	Initiation	
Shoden Reiki Level 1	July 3, 2014	1	What is Reiki?	Reiki Mawashi Seiza Kenyoku Hô Joshin Kokyû Hô Precepts	<i>Feeling the energy How to sit for meditation Clearing your energy Basic Reiki meditation The Reiki philosophical principles</i>	Reiju	
	July 10, 2014	2	History of Reiki	Self-treatment	<i>Hand positions and techniques to treat the self</i>	1st Attunement	
	July 17, 2014	3	Practicum	Treatment of Others	<i>Hand positions and techniques to treat others</i>	2nd Attunement	
	July 20, 2014		Reiki Shares			Reiju	
	August 7, 2014	4	Basic Reiki Meditations	Seishin Toitsu Waka recitation Hatsurei Hô	<i>Reiki meditation to create a unified self Meditation on spiritual poetry Method for generating energy</i>	Reiju	
	August 14, 2014	5	The Spiritual Precepts	Precept meditations	<i>Three techniques for deepening your understanding of the Reiki Principles through meditation</i>	3rd Attunement	
	August 17, 2014		Reiki Shares			Reiju	
	August 21, 2014	6	Practicum	Shuchu Reiki	<i>Techniques for working with several practitioners on one recipient</i>	4th Attunement	
	September 4, 2014	7	Three Diamonds	Hara connection Chakra Kassei Kokyû Hô	<i>Using Reiki to balance the energetic centers of the body A breathing method for balancing the energetic centers of the body</i>	Reiju	
	September 11, 2014	8	Additional Techniques	Learn to draw Reiki kanji Jakikiri Joka Hô Nentatsu Hô	<i>How to draw the word Reiki in Japanese Learn to clear energy from inanimate objects A hands-on Reiki practice for changing thought patterns or releasing bad habits</i>	Reiju	
	September 18, 2014	9	Practicum	Full sessions	<i>Full sessions</i>	Reiju	
	September 21, 2014		Reiki Shares			Reiju	
	Okuden Reiki Level 2	October 2, 2014	10	True Nature	Heso Chiryô Hô  Tanden Chiryô Hô	<i>An energetic connection technique; clears the kidneys, connects with and heals maternal energy (real or symbolic) Hands-on detoxifying and purifying for the body</i>	Reiju
		October 9, 2014	11	Earth Energy	First Shirushi Jumon practice	<i>Learn to draw and work with the first symbol Reiki mantra meditation (chanting) - First jumon</i>	CKR Attunement
		October 16, 2014	12	Practicum	Byosen Reikan Hô Reiji Hô	<i>Sensing imbalances within the recipient Technique to connect with your intuition during a session</i>	Reiju
October 19, 2014			Reiki Shares			Reiju	
November 6, 2014		13	Heaven Energy	Second Shirushi Jumon practice	<i>Learn to draw and work with the second symbol Reiki mantra meditation (chanting) - Second jumon</i>	SHK Attunement	
November 13, 2014		14	How to Develop a Client Practice	Pre-Treatment The Professional Treatment Post-Treatment Legal Concerns		Reiju	
November 16, 2014			Reiki Shares			Reiju	
November 20, 2014		15	Practicum	Head Treatment  Gedoku Hô	<i>Self-treatment for the mind which affects the whole body on all levels Hands-on technique for detoxifying the body and integrating body and mind</i>	Reiju	
December 4, 2014		16	Connection/Oneness Energy	Third Shirushi Jumon practice	<i>Learn to draw and work with the third symbol Reiki mantra meditation (chanting) - Third jumon</i>	HSZSN Attunement	
December 11, 2014		17	Enkaku Chiryô Ho (Distant Reiki)	Enkaku Chiryô Hô	<i>Remote healing across space and time</i>	Reiju	
December 18, 2014		18	Practicum	Okuden tenohira techniques		Reiju	
December 21, 2014			Reiki Shares			Reiju	