



ANTELOPE VALLEY COLLEGE

Community Services

3041 West Avenue K, SSV 126, Lancaster, CA 93536
Phone: (661) 722-6300, Ext. 6584 Fax: (661) 722-6583

Reiki 1



*Reiki Master Lynn Palmer presents Reiki
Ancient Japanese form of soothing, relaxing energy.*

- ❖ Re-discovered by Dr. Mikao Usui in the late 1800's, Reiki energy allows the person to relax and let go of the day's tensions.
- ❖ There are three levels to learning the Reiki discipline. This class teaches the first level, Reiki 1, which addresses the physical level through self-energy treatment.
- ❖ You will learn what Reiki is and how it is used, along with the symbols used and attunement.

Friday, 7/23/10 6p.m. – 9p.m. and Saturday, 7/24/10 1p.m. – 5p.m.

Room FA4 186

Fee \$111 (Material Fee: \$12 due at class)

Register with Corporate & Community Services for this course.

Upon request three days before the event, reasonable accommodation will be provided to facilitate the participation of covered individuals with disabilities. Call (661) 722-6360 (voice) or (661) 722-6362 (TDD).