



**OCT  
27-29  
2017**

# **Reiki 1 Certification Retreat**

## **SHANTI YOGA RETREAT Wolfe Island, Kingston**



Take time this fall to immerse yourself in Reiki! You'll begin your weekend with a relaxing gentle hatha yoga class, before moving into your training after dinner that evening! 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 the restful 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



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 an Usui/Holy Fire II Karuna Reiki® Master Teacher who has studied reiki 1, 2 and 3 three times! She is also a Professor at Seneca College in Toronto with 25+ years experience teaching adults. She offers reiki sessions, courses and retreats. 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](http://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](http://wolfeisland.com)

### Reiki 1 Rates

Shared Rooms:  
(3 or 4 per room)  
**\$500** per person, with all meals and sessions.  
Yoga retreat only: **\$350**

Semi-private:  
**\$550** pp (2 per room)  
Yoga retreat only: **\$400**

**\$100** non-refundable deposit due on booking.  
Balance due **Oct 13**

### Book your spot!

Kellie Dearman  
613-395-4977 or  
[info@awareyoga.com](mailto:info@awareyoga.com)

*Preferred payment is Interac transfer or cheque.*

### More reiki course info:

Kimeiko Dover at [reiki@kimeiko.com](mailto:reiki@kimeiko.com)  
or check out her website: [kimeiko.com](http://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 Guided Meditation w/ Kimeiko

## SATURDAY

- 7:30 Self-Serve Breakfast
- 9:00-11:00
  - Energy clearing w/sage
  - Reiki talk: Reiki lineage and levels, history, uses and ideals
- 12:00 Lunch
- 1:00-5:30
  - Reiki placement (in yurt)
  - Reiki energy/chakras and scanning
  - Spot, self-treatments and chair reiki
  - Your reiki room: equipment
  - Table reiki procedures
  - Table reiki practice 1
- 6:00 Dinner
- 7:30 pm
  - Table reiki practice 2
  - Reiki healing meditation

## SUNDAY

- 7:30 Light morning snack
- 8:00 Energy clearing w/Reiki (in yurt)
- 8:30-9:00 Meditation w/Kellie
- 9:00-10:30 Gentle Hatha Yoga w/Reiki
- 11:00 Brunch discussion: developing and maintaining your Reiki practice
- 12:00 Closing Circle/Reiki 1 Certificates/Group Photo (ferry departure times are 1:15, 2:30, 3:30)