

Adult Learning - Course Information Sheet



SAB6DA04 - Reiki Introduction

Abington Bowling Club

Abington Bowling Club
12 Park Avenue
Northampton

NN3 3AA **Room**

Start Date: 25 March 2023
End Date: 25 March 2023
Start Time: 10:00AM
End Time: 3:00PM
Day: Saturday
Sessions: 1
Tutor: Mrs Janet Flowers

Course aim

This session aims to give participants the opportunity to explore and understand the different options of Reiki training, and provide a chance to explore a taster of what that training might involve for them.

Course outcomes

- 1) Explore and understand the first considerations on entering the Reiki training path, and how it relates to them
- 2) Understand the different elements for Reiki 1 or Shoden training - explore one technique
- 3) Explore and discuss standards in the UK for Reiki 2 or Okuden level - try one breathing method
- 4) Be able to explain what Level 3 Reiki, Shinpiden is

How will the course be taught?

This will be classroom based, small group, face to face with handouts. There may be some audio visual. The session will be practical.

Could I gain a certificate?

This is an introductory session and non-certificated course.

What do I need to bring / have ready?

Please bring a notebook and pen. Bottle of water.

Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northnorthants.gov.uk or call 01604 368023 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

Further Information

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

