

# Reiki I for Men

Sunday March 11, 2018 from 8:45am to 6pm  
Location: Studio Time & Space in Springfield, VT  
Cost \$150

Reiki is a technique, originally from Japan, for channeling spiritual energy in order to help ourselves and others. It is an effective technique for helping us to relax and unwind, as well as promoting the body's own natural healing abilities. It can also help us become better attuned to, and increase our understanding of, our own lives.

Many men seem largely unfamiliar with spiritual practices like Reiki. This class is intended to provide those who are interested with the opportunity to learn in an atmosphere where they can feel comfortable doing so.

In this class we will cover the basics of:

- What is Reiki?
- The history of Reiki
- Reiki precepts and standards, including the Reiki Code of Ethics
- Ways to become more in tune with Reiki energy
- How to give a Reiki treatment

Participants will receive a copy of the Reiki First and Second Degree Manual by William Rand of the International Center for Reiki Training, and a certificate upon completion.

Instructor: Leonard Kendall

Reiki for me is about two things. It is a chance for me to help others to feel better by allowing them to relax and heal. However it is also a tool for my own Spiritual growth. Reiki helps me to better understand both myself and the path that I travel. While I am not a religious person, I do have some deeply held Spiritual beliefs that I have been formulating for more than thirty five years, including a belief in a Divine consciousness, God if you will. And Reiki helps me to better understand the path that God has placed before me and to work in harmony with God's purpose. In helping others we also become more in tune and better understand that purpose.

I come from a long line of farmers and people who lived close to the land. But I knew from an early age that I did not want to be a farmer myself. However, I did inherit their love of the outdoors and the natural world. In my professional life I have done a number of things from working in the building trades and photography to system administration and sales. Which allowed me opportunities to explore new places and different ideas. In addition to Vermont where I grew up and New Hampshire where I now reside, I have spent time in North Carolina, California, and on the Island of Martha's Vineyard in Massachusetts. I still enjoy photography and video production which these days is often combined with my enjoyment of hiking, bicycling, kayaking and snowshoeing.

I am currently a Holy Fire II Master level practitioner. In addition to offering private sessions, I am also a Reiki volunteer at Mount Ascutney Hospital. And I regularly attend Reiki shares in the area. I am a member of the International Center for Reiki Training Reiki Membership Association and a member of the Vermont Reiki Association.



To register for the class or for more information please contact me:

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