

Unitarian Universalist Congregation of Northern Chautauqua presents

Power Reiki Classes

A series of four classes taught by Reiki Master Cara Seekings

Sundays, April 19 & 26 and May 3 & 17, 6-9 PM

at the UUCNC meetinghouse, 222 Temple St, Fredonia, NY



Pre-register by Sunday, April 12 at the reduced price of \$90:

<https://tinyurl.com/UUReiki90>

After April 12, tuition is \$100 to be paid by the first class meeting, or register April 13-19 at:

<https://tinyurl.com/UUReiki100>

Reiki is a Japanese technique for de-stressing and relaxation, founded by Mikao Usui in the early 20th century. Practitioners lightly hover hands over the body to release energy blocks and promote healing by channeling “universal life force energy” (*Ki/Chi*), acting as a conduit for energy, rather than using their own, aiming to balance the client’s energy fields.

Benefits:

- Stress Reduction
- Pain Reduction
- Mood Improvement
- Relaxation Tool
- Complementary therapy with conventional medicine
- Balanced energy flow improves physical, mental, and emotional health

Reiki

- Taught in 3 levels
- Not a religion and does not require specific beliefs
- Students will work from a seated position. NO floorwork or mats required
- There will be weekly homework required

Course Work

- Week 1 - Introduction to Reiki, Grounding, Principles, Chakra Review, Resolve to live in Peace
- Week 2 - Exam 1, Self Healing
- Week 3 - Exam 2, Working with Others
- Week 4 - Exam 3, Practice Protocols, Attunement

Instructor is **Cara Seekings**, RN, BS, MS, RM, whose 5-plus decades of employment in Human Services, Nursing, Health Psychology and Thanatology has nurtured many interests and experiences, particularly in complementary therapies. She is a certified Hypnotherapist, Power Reiki Master Instructor, Herbalist, Aromatherapist, Stress Therapist, Registered Metaphysician, and she taught Nursing at Erie 2 BOCES. Author of two books: *Ladies of Lilydale* and *11th Century Irish Cookery*, with a third, *The Land That Never Has Been*, in the works. Cara is a voice, not an echo; as a member of UUCNC, she advocates actively for peace, compassionate action and tolerant, accepting kindness.