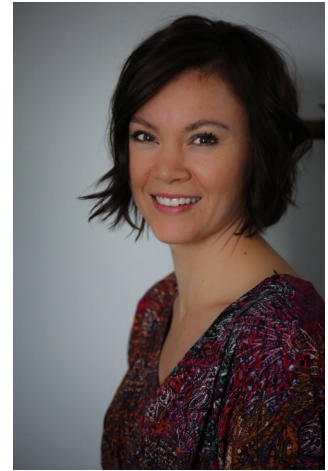


Reiki Level 1



Facilitator: Rikki Ducharme

About the Instructor:

Rikki Ducharme is a Reiki Master & Teacher; and is designated an Educator-500 hour Registered Yoga Teacher. For over 5 years Rikki has been facilitating workshops and trainings in Reiki and for over 4 years she has been teaching yoga and facilitating classes and workshops in many forms of the practice. With an entrepreneurial spirit and a love for teaching, she has developed a keen sense of what practical uses can be derived from Reiki and Yoga practices. Her passion for integrating Reiki and Yoga within her own lifestyle, was something that she had to share with others. She began to write and develop trainings and workshops that speak to those who want to expand knowledge, are curious, and have a desire to continue to educate themselves. Rikki resides in Lloydminster, Alberta with her wonderful husband and two lovely daughters.

Course Information:

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us. If one's "life force energy" is high, we are more capable of being happy and healthy.

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