



# पतंजलि विश्वविद्यालय University of Patanjali

उत्तराखण्ड विधान मण्डल द्वारा पारित पतंजलि विश्वविद्यालय अधिनियम संख्या 4, वर्ष 2006 के अन्तर्गत स्थापित  
Established by Uttarakhand State Legislature Under the University of Patanjali Act No. 4, Year 2006

पत्रांक (Ref.) : UOP/FNYS/AUR/24-25/006

दिनांक (Date) : 17/01/2025

## NOTICE

### Reiki Level 1 Healing Workshop By Reiki Master Kamal from Australia

**Dates:** January 25th, 2025 – January 26th, 2025

**Time:** 9:00 AM – 5:30 PM

**Venue:** Faculty of Naturopathy and Yoga Science, Aurangabad.

Join **Reiki Master Kamal from Australia** for a transformative **Reiki Level 1 Healing Workshop!** This workshop is perfect for beginners who wish to learn how to channel Reiki energy for self-healing and healing others. At the end of the workshop, you will receive your **Level 1 Reiki attunement** and gain the knowledge to begin your healing journey.

#### **What You Will Learn:**

- Introduction to Reiki and energy healing;
- How to channel Reiki energy for self-healing and healing others;
- Reiki Level 1 Attunement (opening your energy channels);
- Practical healing techniques and meditation practices.

#### **Who Should Attend?**

- Students of DNYT and BNYS.

**Workshop Fee:** ₹500 per student.

#### **What's Included:**

- Reiki Level 1 Certification;
- Ongoing support and guidance after the workshop,

**Seats Available:** Only **30 seats** available – Hurry and secure your spot!

#### **Registration Details:**

Please confirm your attendance by 20 Jan 2025 to reserve your place.

For more information or to register, contact: Dr. Nayan Biswas,

[nayan.biswas@uop.edu.in](mailto:nayan.biswas@uop.edu.in), +91-8871512273.

Take the first step toward becoming a Reiki healer and experience the healing energy of Reiki under the expert guidance of Reiki Master Kamal from Australia!





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Faculty of Naturopathy and Yoga Science organizing 2-days workshop  
on “Reiki Level 1 Healing”

## Workshop Schedule

| Day -1  |   |                     |
|---------|---|---------------------|
| S. No.  | Activity                                      | Time                |
| 1.      | Arrangement of seating of guests on the stage | 09:00 AM - 09:30 AM |
| 2.      | Lighting of Lamps                             | 09:30 AM – 10:00 AM |
| 3.      | Introduction to Reiki and Energy Healing      | 10:00 AM - 11:00 AM |
| 4.      | Learning Self-Healing Techniques              | 11:00 AM - 12:30 AM |
| 5.      | Break   | 12:30 PM - 02:00 PM |
| 6.      | Reiki Level 1 Attunement                      | 02:00 PM - 03:00 PM |
| 7.      | High Tea                                      | 03:00 PM - 03:30 PM |
| 8.      | Practical Demonstration: Healing Others       | 03:30 PM - 05:00 PM |
| 9.      | Question & Answer                             | 05:00 PM - 05:30 PM |
| Day - 2 |   |                     |
| S. No.  | Activity                                      | Time                |
| 1.      | Republic Day Celebration                      | 09:00 AM – 11:00 AM |
| 2.      | Deepening Your Reiki Practice                 | 11:00 AM - 12:30 AM |
| 3.      | Break   | 12:30 PM - 02:00 PM |
| 4.      | Guided Meditation and Energy Cleansing        | 02:00 PM - 03:00 PM |
| 5.      | High Tea                                      | 03:00 PM - 03:30 PM |
| 6.      | Hands-On Reiki Practice                       | 03:30 PM - 05:00 PM |
| 7.      | Q&A and Certification Ceremony                | 05:00 PM - 05:30 PM |



# **Report of Reiki Level 1 Healing Workshop**

**Date:** 25<sup>th</sup> - 26<sup>th</sup> Jan. 2025

**Location:** Faculty of Naturopathy and Yoga Science, Aurangabad.

**Facilitator:** Reiki Master Kamal from Australia.

**Number of Participants:** 35.

## **Introduction:**

The Reiki Level 1 workshop aimed at introducing participants to the fundamental concepts and practices of Reiki healing. Reiki is a form of energy healing that uses the hands to channel energy into the body to promote healing and balance. Level 1 focuses on self-healing, grounding, and channeling energy for others.

## **Workshop Objectives:**

1. To provide participants with an understanding of Reiki and its principles.
2. To introduce the basics of energy healing and how Reiki works.
3. To teach techniques for self-healing and how to channel Reiki energy to others.
4. To guide participants through the first attunements, which allow them to access the Reiki energy.

## **Workshop Outline:**

### **1. Introduction to Reiki:**

- a. History and origin of Reiki, including founder Mikao Usui's teachings.
- b. Explanation of Reiki as a form of holistic healing.
- c. Overview of the energy centers in the body (chakras) and how Reiki can balance them.
- d. Discussion of the five Reiki principles, which serve as ethical guidelines for practitioners.

### **2. Understanding Energy:**

- a. The concept of energy flow and how it affects physical, emotional, and spiritual health.
- b. How Reiki works by channeling universal life energy.
- c. Techniques for sensing and feeling energy.



### **3. Reiki Level 1 Attunements:**

- a. Attunement process: The facilitator performed the traditional attunements that opened the participants' energy channels, allowing them to access and channel Reiki energy.
- b. Participants learned how to connect with their own energy field and practice self-healing.

### **4. Practical Techniques:**

- a. Hand positions for self-healing and healing others.
- b. Participants practiced on each other, exchanging Reiki sessions.
- c. Techniques for clearing energy blockages and promoting healing through touch.

### **5. Meditation and Grounding Exercises:**

- a. Guided meditation to help participants center themselves and connect with Reiki energy.
- b. Grounding exercises to stabilize energy and enhance healing abilities.

### **6. Q&A and Discussion:**

- a. A session where participants shared their experiences and asked questions about the Reiki practice and its applications.
- b. Troubleshooting common challenges faced by new Reiki practitioners.

## **Outcomes:**

### **1. Participant Feedback:**

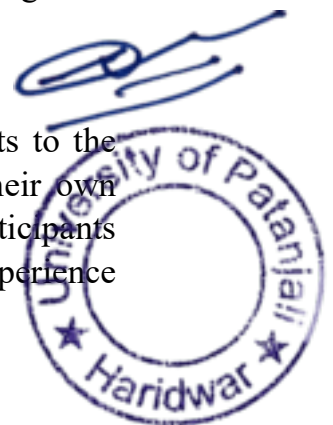
- a. The majority of participants reported feeling a deep sense of relaxation, calm, and emotional release after practicing Reiki.
- b. Many expressed surprise at how powerful the energy felt during the attunements and practice sessions.
- c. Participants left the workshop feeling confident in their ability to perform self-healing and offer Reiki to others.

### **2. Instructor Observations:**

- a. All participants successfully received the Reiki Level 1 attunements and demonstrated the ability to channel energy.
- b. There was a noticeable shift in the energy of the group as they practiced Reiki on each other.
- c. Participants were enthusiastic and eager to continue developing their Reiki practice.

## **Conclusion:**

The Reiki Level 1 workshop successfully introduced participants to the basics of Reiki and provided them with the tools needed to begin their own healing journey. The positive energy and open-mindedness of the participants contributed to the success of the workshop, making it a transformative experience



for everyone involved. Follow-up resources, including recommended reading and practice guidelines, were provided to support ongoing learning and development.

### **Recommendations for Future Workshops:**

1. Offering a follow-up session for participants to share experiences and deepen their practice.
2. Providing additional practice time for hands-on sessions.
3. Exploring advanced techniques in Reiki Level 2 for those interested in expanding their practice.



*Nayan*

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