



**JULY  
17-20  
2017**

## **Reiki 1 Certification Retreat**

### **SHANTI YOGA RETREAT Wolfe Island, Kingston**

Take a summer midweek break to immerse yourself in Reiki! This 3-night, four day Reiki 1 training will also allow you to enjoy all the amenities of Shanti retreat and includes yoga everyday. During this course, you'll learn about the



history of Reiki, the 5 Reiki ideals, hand positions for treating yourself and others, and basic Reiki techniques. This course follows the curriculum of the International Centre for Reiki Training (ICRT) and meets course standards of the Canadian Reiki Association. By the end of this course, you'll be well-prepared to practice Reiki on yourself, family and friends and have a certificate to prove it!

This training will run concurrently with a regular yoga retreat, so you can bring friends or family with you to enjoy Shanti!

#### **... w/Reiki Master Teacher Kimeiko Dover**

Reiki is a gentle hands-on technique which supports physical, emotional, mental and spiritual healing.

During this retreat you not only receive certification to practice Reiki 1, you will also enjoy all the benefits of a getaway at Shanti Retreat!

The reiki 1 course fee includes:

- a comprehensive manual, *Reiki the Healing Touch First and Second Degree* by William Lee Rand, which can be used for reiki levels 1 and 2
- a powerful placement reconnecting you with reiki energy
- plenty of hands-on practice giving self, spot, chair and full table reiki treatments
- reiki 1 certificate



Participants of this training will also enjoy daily yoga with teacher Kellie Dearman. After the course, Kimeiko will encourage you to continue learning and practicing reiki by inviting you to:



- join a private online forum for sharing reiki experiences, questions and events
- attend reiki shares, courses, retreats and any other events she coordinates
- audit reiki courses you have previously completed with her, at no charge (space permitting)

### Special Notes

- participants who have previously completed Kimeiko's Reiki 1 certification course are eligible to audit any or all components of the reiki retreat course for the yoga retreat rate
- Retreat participants who have studied reiki with any teacher at any level are encouraged to practice reiki with other retreat participants throughout the retreat!

### Your Retreat Hosts

Kimeiko Hotta Dover is a Reiki Master Teacher, certified in Siam and Usui/Holy Fire Reiki II. She offers reiki sessions, and courses in Thornhill, Ontario. Kimeiko is also a Professor at Seneca College in Toronto with 25+ years experience teaching adults, and is the mother of 3 teenagers! Kellie Dearman has been teaching gentle hatha yoga and meditation for 13 years. She encourages variations and offers adaptations for every body. Kellie's style is sensitive to trauma and stress-related conditions.

### Meals and Accommodation

Shanti's idyllic setting makes for the perfect retreat. Located on the shores of the St. Lawrence River, Shanti has something for everyone! Shanti provides four large, delicious vegetarian meals and a self-serve breakfast or morning snack. Please let us know about any major dietary restrictions. The retreat experience involves getting to know others with similar interests. Be prepared to share accommodation with a small group if coming on your own. If attending with friends, please let us know ahead of time. A small number of rooms are available for semi-private bookings. Find out everything you need to know about Shanti Retreat at: [shantiretreat.ca](http://shantiretreat.ca)

### How to Get There

The free 20-min car ferry to Wolfe Island leaves from downtown Kingston every after-noon on the hour. Try to arrive at least 1hr early to ensure you get on the ferry of your choice. Check return schedule for Sunday departures.

[wolfeisland.com](http://wolfeisland.com)

### Rates

Shared Rooms:

(3 or 4 per room)

**\$675** per person, with all meals and sessions.

Retreat only: \$525

Semi-private:

**\$725** pp (2 per room)

Retreat only: \$575

**\$100** non-refundable deposit due on booking. Balance due **July 7**

### Book your spot!

Kellie Dearman

613-395-4977 or

[info@awareyoga.com](mailto:info@awareyoga.com)

*Preferred payment is Interac transfer or cheque.*

### More reiki course info:

Kimeiko Dover at

[reiki@kimeiko.com](mailto:reiki@kimeiko.com)

or check out her website:

[kimeiko.com](http://kimeiko.com)

# RETREAT SCHEDULE

## MONDAY

- 2:00 pm Arrive any time after 2pm and get settled  
5:00-6:30 Gentle Hatha Yoga w/Kellie  
6:45 Dinner  
8:30 Opening Circle /Intro to Reiki and Meditation  
w/ Kimeiko

## TUESDAY

- 7:30 Self-Serve Breakfast  
9:00-11:30 Energy clearing w/sage  
Reiki talk: history, lineages and levels, Reiki ideals  
12:00 Lunch  
1:00 Reiki placement  
Reiki energy/chakras and scanning  
Spot, self-treatments and chair reiki  
4:15-5:45 Hatha Yoga w/Kellie  
6:00 Dinner  
8:00 pm Chakra Workshop w/Kimeiko and  
Yoga Nidra w/Kellie

## WEDNESDAY

- 7:30 Self-Serve Breakfast  
9:00-11:30 Energy clearing with Reiki  
Meditation  
Reiki equipment/table reiki  
12:00 Lunch  
1:00 Practice table reiki  
4:15-5:45 Hatha Yoga w/Kellie  
6:00 Dinner  
8:00 pm Chair/table reiki with Kimeiko/retreat participants

## THURSDAY

- 8:00 Light morning snack  
8:30-10:00 Gentle Hatha Yoga w/Kellie  
10:15-10:25 Maintaining your Reiki practice  
11:00 Brunch  
12:30 Closing Circle/Reiki 1 Certificates/Group Photo