



Reiki Workshop Event Guide Birmingham, Michigan, June 21-24, 2024

I'm so glad you are on your Reiki journey with me! Reiki is amazing, and I can't wait to share in the energy of Reiki with you.

Here is some helpful information for an enjoyable and engaging Reiki workshop experience!

Before the Workshop

✓ **Preparing**

- Having a light weekend is a good idea so you can fully engage in the Reiki experience.

✓ **Journal Your Journey**

- Begin to take notice of what shifts you are experiencing in your life as a result of deciding to learn Reiki. Also, set the intention for what changes you'd like to experience in your life as a result of connecting with the energy of Reiki.
- It's also great to journal about your experience at the workshop and as you practice self-Reiki and give Reiki to others.
- Line up your Reiki Recipients (Reiki I & II only)
- For the Reiki I/II class, you'll want to line up two people for our Distant Reiki practice, which will happen at about 1:00 pm on Saturday. **See details below.**

✓ **Print the Reiki Symbol Handouts**

- Print out the Reiki symbols or create a reference sheet of the symbols if you don't have a printer.

What to Bring with You

- **Sheet, blanket, and pillow:** You'll want something to cover the massage table (like a twin sheet or a second blanket or beach towel) when it's your turn to receive Reiki. You may also want a blanket and a pillow to make your table treatment cozier.
- **Bottled water, beverages, and snacks:** Feel free to bring snacks or pack a lunch; our space has a fridge. I also provide some snacks.
- **Layers:** The room temperature fluctuates, so dress in layers.
- **Yoga mat:** (optional) Great if you'd like to lie on the carpet for self-Reiki or use it under your knees when receiving Reiki.



Reiki Workshop Schedule

Reiki I/II	Friday	6:00pm-10:00pm
Reiki I/II	Saturday	9:30am-7:30pm
Master	Sunday	1:30pm-7:30pm
Teacher	Monday	6:00pm-9:30pm

If you haven't signed up for the Reiki Master and Teachers yet, you can add them during the weekend to get special pricing.

We'll take **10-15 minute Breaks** throughout the event.

90-minute "Lunch" Break on Saturday. We'll be taking a break as early as 1:30 pm

- Little Daddy's (a 3-minute drive) in Bloomfield is great for carry-out (or to dine-in).
- Whole Foods (10-minute drive) in Troy at Maple and Coolidge, with outdoor seating.



Class Venue

Coming from out of town? See suggestions for hotels on the last page of this event guide.

Birmingham Unitarian Church

38651 Woodward Ave., Bloomfield Hills, MI 48304

The building is located off Lone Pine and Woodward. Look for a beige brick building that appears more like a school than a church. When facing the main entrance, our classroom space is to the far left and is called the Purple Room.

Accessing the Parking Lot from Lone Pine:

After turning onto Lone Pine (at the traffic light), in about 50 feet, you'll see a driveway that flows into a large parking lot. You'll see a low sign that says "Birmingham Unitarian Church."

Accessing the Parking Lot from Woodward:

If you are driving South on Woodward from Long Lake, you can take a right into the parking lot from Woodward. It's a sudden turn into the lot from Woodward. Or, you can go past the Woodward entrance, turn right on Lone Pine, and right into the lot (see directions above).

Non-smoking campus: This is a non-smoking campus, prohibiting smoking in the parking lot, walkways, and grounds. If you smoke, please extinguish smoking materials while in your car. I apologize for any inconvenience this may cause you.



Reiki I & II

Remote Reiki Practice

Around 1:00 pm Saturday

If possible, get permission from 2 people for the long-distance Reiki practice. Ask them if they'd like to receive Reiki during our class exercise. Another option is sending Reiki to a pet.

- This exercise is done remotely, and the recipient does not need to be available (e.g., on a phone call) during the practice.
- If they wish to meditate or lie down, you can let them know with a quick call or text as we get close to the practice time.
- The person (or pet) doesn't need to have any kind of troubling issue (health or otherwise).
- People seek Reiki to boost their well-being and to experience a sense of peace and calm. • Most recipients of Reiki report feeling relaxed and having greater clarity.

Reiki Master Level

Reiki is a path of awakening to who you truly are. It's more than just a healing practice - it's a path to your spiritual development. Achieving the Reiki Master Level can lead to profound personal and spiritual growth.

Go beyond the foundations of the Reiki I/II symbols and hand placements as you deepen your relationship with the 3 "P's" of Reiki:

- Practice
- Principles
- Presence

In this class, you'll explore and practice the **Energetic Release Technique**, which adds a new dimension to your Reiki practice and deepens your experience of Reiki. You can use this technique to facilitate the release of energetic blockages with your clients, clearing the way for greater inner peace and balance.



Reiki Teacher Level

Get a peek behind the scenes of the Teacher's perspective of Reiki! With this "360 view" of everything that goes into teaching Reiki, you'll also build your confidence in your practice of Reiki.

Achieving the Reiki Teacher level can be seen as a commitment to your spiritual growth as a Lightworker. It opens the doors to greater possibilities for your Reiki journey.

In this class, I'll demonstrate how to give a Reiki Attunement and walk you through giving Reiki Attunements to your classmates.

Some of my students have a passion for teaching group classes, while others enjoy the intimate nature of teaching 1:1 private classes.

Even if you don't plan on teaching Reiki, having the ability to give attunements can be a gift. There might be situations or moments where someone close to you is interested in learning, and you'll have the capacity to attune them and guide them in the practice of Reiki.

I'm looking forward to seeing you at the Reiki Workshop - it's going to be amazing!

If you have any questions, you can reach me at (720) 683-0444 or at lisa@lisaguyman.com.

Your Reiki Mentor,

A handwritten signature in black ink that reads "Lisa". The script is fluid and cursive, with a large initial 'L'.



Coming from Out-of-Town?

Here are some suggestions of where to stay in the area. All hotels/areas are 5-20 minutes from the Reiki class venue at 38651 Woodward Ave., Bloomfield Hills, MI 48304.

AirBnbs

Birmingham, Bloomfield, Bloomfield Hills, and Troy would be the most convenient and nicest neighborhoods for Airbnb.

Hotels

The Kingsley - A DoubleTree Hotel in Bloomfield Hills, is the closest to our class location.

In Troy, close to **Somerset Mall** and about 15-20 minutes to the class location are the **Hampton Inn** and **Homewood Suites by Hilton** and the **Detroit Marriot Troy** on Big Beaver in Troy.

Hotels in Birmingham, Bloomfield, Bloomfield Hills, and the Troy area of Michigan would be the most convenient.

While in the area:

Hot spots for restaurants/nightlife/town centers: **Royal Oak, Birmingham**

Shopping: Downtown **Birmingham** or the **Somerset Mall** in Troy.

Great Metaphysical Store: Boston Tea Room in Ferndale.

Museums/Gardens/Beautiful Grounds for Walking: **Cranbrook** in Bloomfield Hills has an Art museum, Science museums, gardens, over 40 acres of grounds for strolling, and a Japanese garden.