Lisa Guyman
Reiki & Meditation

Reiki Workshop Event Guide
November 28-30, 2026 • Denver, Colorado

I'm so glad you are on your Reiki journey with me! Reiki is amazing, and I look forward to sharing the energy of Reiki with you.

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

Before the Workshop

✓ **Preparing**
- Having a light weekend is a good idea, allowing you to fully engage in the Reiki experience.

✓ **Journal Your Journey**
- Begin to notice the 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**
- Please print out the Reiki symbols or copy them by hand to create a reference sheet for use in class, or view on your phone.

What to Bring with You

- **Bottled water, beverages, and snacks:** Feel free to bring snacks or pack a lunch; our venue has a small fridge. I also provide some snacks.
- **Layers:** The room temperature fluctuates, so dress in layers.
- **Yoga mat:** (optional) If you'd like to lie on the floor for the Reiki self-treatments, use it as a bolster under your knees to support your back during your table treatment.
- **Additional Blanket and pillow** (optional)**:** I have a blanket for each table. But if you want it extra cozy when you receive Reiki, bring a special pillow and an extra blanket if you like.

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Reiki Workshop Schedule

Reiki I/II	**Saturday**	**9:00am-6:30pm**
Reiki I/II	**Sunday**	**9:00am-12:00pm**
Master Level	**Sunday**	**1:30pm-6:30pm**
Teacher Level	**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.

On Saturday, we'll take a lunch break around 12:30, and on Sunday we'll take a lunch break at noon. Our lunch breaks are 90 minutes.

Walking distance: Restaurants in the old Gaylord Street district are within walking distance (a 10-minute walk). You can walk with the group and grab lunch on Saturday and Sunday or do your own thing. You're also welcome to pack a lunch.

Class Venue

Washington Park Methodist Church

1955 E. Arizona Ave., Denver, CO 80210.

There is a nice-sized parking lot. If the lot is full, you'll find plenty of on-street parking (non-metered) around the building; however, read the parking signs for any restrictions. We'll be in the North Parlor in the far right corner of the building. The entrance to our space is beyond the last row of pews in the sanctuary.

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

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Reiki I & II

Remote Reiki Practice

Around 11:00 am 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.

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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.

I'll demonstrate how to give a Reiki Attunement in person, and walk you through giving Reiki Attunements to your classmates, and talk about how to do Remote attunements.

Some of my students are interested in teaching group classes, while others like the idea and the intimate nature of teaching 1:1 private courses.

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 look forward to seeing you at the Reiki weekend - it's going to be amazing!

Lisa

Your Reiki Mentor

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

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Coming from Out-of-Town?

Here is some area information and suggestions on where to stay:
Our class location is just east of Washington Park, within blocks of Gaylord Street shops and restaurants at 1955 E. Arizona Ave., Denver, CO 80210

Best AirBnB locations:
Washington Park or Cherry Creek

Best Hotel Locations:

Washington Park/Glendale/Cherry Creek/Southeast Denver - Great if you prefer not to stay downtown. Cherry Creek has tons of restaurants, shopping, etc. All hotels are within 10-15 minutes of the class location.

Southeast Denver
Hilton Garden Inn - 600 S. Colorado Blvd. Denver, CO, 80246. Features a couple of restaurants. Hampton Inn - 4150 East Kentucky Avenue. Denver, CO, 80246. By Barnes & Noble and Whole Foods. Hyatt Place - 4150 East Mississippi, Glendale, CO 80246. Marriot Courtyard Denver Cherry Creek - 1475 S. Colorado Blvd, Denver, CO 80222.

Cherry Creek North: Tons of restaurants, coffee shops, etc. Hotel Clio - 150 Clayton Ln, Denver, CO 80206. Expensive. Moxy Cherry Creek. Several high-end hotels are in Cherry Creek North. Expect all of them to be valet-only.

Downtown Denver: Hotels include The Oxford, Magnolia, Hotel Monaco, etc. Downtown is about a 25-minute drive from the class location. Expect to pay for parking or valet.

Things to Do:

Washington Park - Wonderful park for walking! Old South Gaylord Street has numerous restaurants and several boutiques.

Beautiful Grounds for Walking: Botanic Gardens, Washington Park in Denver, and Red Rocks Park in Morrison (stunning).

Cherry Creek North: a great place to walk around for boutiques, restaurants, galleries, coffee shops, etc. There's a Whole Foods there, and the Cherry Creek North Shopping Mall