



# Reiki I

with Amy Erez,  
Reiki Master

## Nov. 4 - 7

### Pleasant Hill, CA

Class is held at Amy's home office

Contact Amy:  
925.934.3120  
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www.SugiHealth.com

*Just for today,  
do not worry*

*Just for today,  
do not anger*

*Earn your living honestly*

*Honor your parents,  
teachers and elders*

*Show gratitude to  
every living thing*

Reiki is a Japanese word representing Universal Life Energy, the life force imbued in every living thing. Reiki Usui Shiki Ryoho is a Japanese healing art that originated with Dr. Mikao Usui in the late 1800's. Reiki is a practical tool for physical and emotional first-aid and is applied through light placement of the hands on the body (fully clothed). When used on a daily basis, Reiki accelerates the body's ability to heal and opens the mind and spirit to releasing the causes of disease and pain. As spiritual support, Reiki is ideal for those who want the ability to move gracefully through life's joys and challenges. Reiki provides all of us with the means of maintaining balance in our own lives and in assisting our families and friends.

**6:30pm – 9:30pm Thur. & Fri.**  
**1:00pm – 4:00pm Sat. & Sun.**  
*All four days must be attended  
(12 hour class)*

**Fee: \$300**

*Registration deadline is:  
Friday, Oct. 29*



**Amy Erez** has been practicing Reiki since 1987 and has been a Master since 1991. She has taught Reiki classes nationally and internationally. Her classes reflect the original essence of Reiki as passed on to her by her teacher, Susan Mitchell, a founding member of The Reiki Alliance. Amy's Reiki lineage is Susan Mitchell, Phyllis Furumoto, Hawayo Takata, Dr. Chujiro Hayashi, Dr. Mikao Usui (the originator).

Amy is Director of Sugi Health and Fitness™ and the Sugi School of Health and Fitness. Amy assists her clients to create a healthy lifestyle that addresses the needs of the individual for mind-body-spirit health. Reiki, Acupressure, Flower Essence Therapy and High Potency Nutrition are some of the tools she employs in her sessions. She has been in private practice and teaching in the San Francisco Bay Area since 1984.

To register make check to **Sugi Health** and send with registration form to:  
**2096 Hoover Ave., Pleasant Hill, CA 94523**

Name \_\_\_\_\_

Address \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

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