



Reiki I

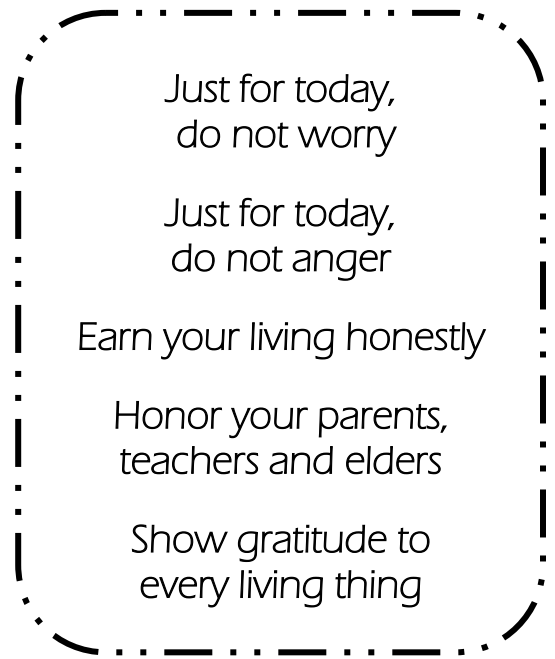
with Amy Erez,
Reiki Master

January 26 - 29

Pleasant Hill, CA

Contact Amy:
925.934.3120
amy@SugiHealth.com
www.SugiHealth.com

Class is held at Amy's home office



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. Reiki provides all of us with the means of maintaining balance in our own lives and in assisting our families and friends.

Thursday & Friday

Fee: \$300

6:30 – 9:30 p.m.

Saturday & Sunday

1:00 – 4:00 p.m.

*All four days must be attended
(12 hour class)*



Registration deadline is: Friday, January 20

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 offers sessions that are a combination of hands-on healing, self-awareness counseling, and recommendations for creating a healthy lifestyle. She creates a personalized program of practical tools that nurture and support the fulfillment of balanced wellness in everyday life. Amy is co-owner of Sugi Health and Fitness and has been in business 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 _____ Reiki I Jan. 2011