

Ashland Schedule Oct 26-28

Day 1 1:30 – 7:00 (Light Tapas Supper included)

Welcome Circle & Meditation
Workshop overview
Opening ceremony with Grandmother Buffalo Drum & Crystals
Reiki Initiations Level I
Practice Exchange: Reiki Level I

Day 2 10:00 – 7:00 (Lunch and Dinner included)

Meditation
Crystals 101: Programming, cleaning and caring for crystals
Using Crystals with Reiki
Intro: Reiki Healing Level II
Reiki Initiations Level II
Self-Healing Intro & Practice
How to Reiki Your Food
Practice Exchange: Crystal Reiki Level II
Group discussion

Day 3 10:00 – 6:00 (Light Lunch and Full Dinner included)

Meditation
How to Energize Water
Subconscious Essence Exercise
Long distance group Crystal Reiki II practiced
Introduction to Color Healing
Chakra Color Mapping Exercise
Practice Exchange: Sending & Receiving Reiki Using Color
Extended Practice Exchange: Blending Crystals, Reiki & Color
Group discussion
Closing ceremony
Farewell Chakra Banquet

Optional Monday October 29, 12:00 – 3:00

Ashland excursion and barbeque