

# Crystal Reiki Workshop Schedule

The schedule is fluid, with the exception of start and end time.

## **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