

Comprehensive Reiki Training Syllabus 2024-2025

Week 1 (9/3)

7:00 - 8:15: Welcome, check-in, syllabus review, what are we doing here? Why do we structure the class the way we do? Why does the timing change as we go along? What are some basics to know about the 4th chakra?

8:15 - 8:30: Break

8:30 - 9:30: Guided meditation, 4th chakra attunement, energy sensing

Week 2 (9/10)

7:00 - 8:45: Discussion – The History of Reiki

8:45 - 9:00: Break

9:00 - 9:30: Practice

Week 3 (9/17)

7:00 – 8:45: Demonstration – A Typical Session

8:45 – 9:00: Break

9:00 – 9:30: Practice

Week 4 (9/24)

7:00 – 8:45: Discussion – Quantum Healing

8:45 – 9:00: Break

9:00 – 9:30: Practice

Week 5 (10/1)

7:00 – 8:30: Discussion – The Chakras, a Detailed Overview

8:30 – 8:45: Break

8:45 – 9:30: Discussion, continued

Week 6 (10/8)

7:00 – 8:00: Discussion -- Throat Chakra

8:00 – 8:15: Break

8:15 - 9:30: Guided meditation, Throat Chakra attunement, sharing

Week 7 (10/15)

7:00 – 8:45: Discussion – Energy Hygiene, Shielding and Cord-Cutting

8:45 – 9:00: Break

9:00 - 9:30: Practice (if time allows)

Week 8 (10/22)

7:00 - 8:00: Discussion – Shielding #2

8:30 – 8:45: Break

8:45 – 9:30: Practice

Week 9 (10/29)

7:00 – 8:30: Discussion – Emotional Anatomy

8:30 – 8:45: Break

8:45 – 9:30: Practice

Week 10 (11/5)

7:00 – 8:30: Discussion – Third Eye Chakra

8:30 – 8:45: Break

8:45 – 9:30: Guided meditation, Third Eye attunement and sharing

Week 11 (11/12)

7:00 – 8:30: Discussion – SYMBOLS!!! Power Symbol and Moon Symbol

8:30 – 8:45: Break

8:45 – 9:30: Power and Moon Symbol practice

Week 12 (11/19)

7:00 – 9:30: Discussion – Ethics, with break

Week 13 (11/26)

7:00 – 8:30: Discussion -- The Distance Symbol

8:30 – 8:45: Break

8:45 – 9:30: Practice (embodying planets and elements!)

Week 14 (12/3)

7:00 - 8:30: Discussion – Working with Elemental Energies

8:30 - 8:45: Break

8:45 - 9:30: Practice

Week 15 (12/10)

7:00 – 8:30: Discussion – Reiki for Elderly and Hospice Care

8:30 – 8:45: Break

8:45 – 9:30: Practice

Week 16 (12/17)

7:00 - 8:30: Discussion – Crown Chakra (Reiki I certificates given)

8:30 - 8:45: Break

8:45 - 9:30: Guided meditation, Crown Chakra attunement, sharing

Weeks 17 & 18 ****BREAK****

Week 19 (1/7)

7:00 - 8:30: Discussion – Reiki for Animals and Children

8:30 – 8:45: Break

8:45 - 9:30: Practice

Week 20 (1/14)

7:00 – 8:30: Trauma & Addiction, Pt. 1

8:30 – 8:45: Break

8:45 – 9:30: Practice

Week 21 (1/21)

7:00 - 8:30: Discussion – Trauma & Addiction, Pt. 2

8:30 - 8:45: Break

8:45 - 9:30: Practice

Week 22 (1/28)

7:00 - 8:00: Discussion – Solar Plexus chakra

8:00 - 8:15: Break

8:15 - 9:30: Guided meditation, Solar Chakra attunement, sharing

Week 23 (2/4)

7:00 - 8:30: Discussion – Business/Marketing Pt 1

8:30 - 8:45: Break

8:45 - 9:30: Practice, with guests

Week 24 (2/11)

7:00 – 8:30: Discussion – Business/Marketing Pt 2

8:30 – 8:45: Break

8:45 – 9:30: Practice, with guests

Week 25 (2/18)

7:00 – 8:30: Discussion – Business/Marketing Pt 3

8:30 – 8:45: Break

8:45 – 9:30: Practice, with guests

Week 26 (2/25)

7:00 - 8:15: Discussion - Sacral Chakra

8:15 - 8:30: Break

8:30 - 9:30: Guided meditation, Sacral Chakra Attunement, sharing

Week 27 (3/4)

7:00 – 8:30: Discussion –Reproductive Health and Sacral Energy Dynamics, pt. 1

8:30 – 8:45: Break

8:45 – 9:30: Practice, with guests

Week 28 (3/11)

7:00 – 8:15: Discussion -- Reproductive Health, pt. 2

8:15 – 8:30: Break

8:30 – 9:30: Practice, with guests

Week 29 (3/18)

7:00 – 8:15: Business Workshop! (Guest speakers talking about their experience opening a private healing practice – and Reiki II certificates given!)

8:15 – 8:30: Break

8:30 – 9:30: More guests or business roundtable

Week 30 (3/25)

7:00 – 8:00: Discussion – Catch-Up Week

8:00 – 8:15: Break

8:15 – 9:30: Practice, with guests

Week 31 (4/1)

7:00 – 8:15: Discussion – Root Chakra

8:15 – 8:30: Break

8:30 – 9:30: Guided meditation, Root Chakra Attunement, sharing

Week 32 (4/8)

7:00 – 8:00: Discussion – Reiki for Auto-Immune Disorders/Cancer

8:00 – 8:15: Break

8:15 – 9:30: Practice, with guests

Week 33 (4/15)

7:00 – 8:00: Long Practice (with classmates)

8:00 – 8:15: Break

8:15 – 9:30: Keep practicing!

Week 34 (4/22)

7:00 – 8:30: Curses, Vows and Oaths

8:30 – 8:45: Break

8:45 – 9:30: Practice, with guests

Week 35 (4/29)

7:00 – 8:30: Discussion – What is the Master Level? ***this is my kiddo's 17th birthday and I may ask if we can shift class to a different day this week or do an asynchronous class – we will discuss together***

8:30 – 8:45: Break

8:45 – 9:30: Master Level Attunement

Week 36 (5/6)

7:00 – 8:15: Discussion -- Extractions

8:15 - 8:30: Break

8:30 – 9:30: Practice extractions

Week 37 (5/13)

7:00 – 8:15: Discussion – Attunements

8:15 – 8:30: Break

8:30 – 9:30: Practice attunements

Week 38 (5/20)

7:00 – 8:30: Discussion – Attunements

8:30 – 8:45: Break

8:45 – 9:30: Practice, with guests

Week 39 (5/28)

7:00 – 8:30: Discussion – Ho'oponopono

8:30 – 8:45: Break

8:45 – 9:30: Guided meditation with Ho'oponopono

Week 40 (6/3)

7:00 – 8:30: Discussion – A Typical Session, revisited

8:30 – 8:45: Break

8:45 – 9:30: Practice Attunements

Week 41 (6/10)

7:00 – 9:30: Practice attunements, Discussion on What Questions Still Linger, Master Level Certificates, and celebration!!