

# Reiki Classes in Saratoga

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*"Reiki sessions cause patients to heal faster with less pain."  
Marilyn Vega RN  
Manhattan Eye,  
Ear and Throat  
Hospital*



*"Reiki's utter simplicity, coupled with its potentially powerful effects, compels us to acknowledge the concept of a universal healing energy."  
Bettina Peyton M.D.  
Neurologist,  
Nashua, NH*

**April 1 - 2, 2017 - Reiki Level 1 & 2  
Earn Reiki Certification - 2 Levels in 2 Days.**

**ABOUT REIKI:** Reiki (ray-key) is a traditional Japanese-Tibetan technique for stress reduction and relaxation that also promotes healing. Reiki is a powerful safe, gentle, non-invasive natural health practice that integrates easily with conventional care. Reiki helps support the body's ability to heal itself.

- Reiki is easy to learn, and once learned lasts a lifetime.
- For relaxation, pain management, emotional and surgical support.
- For self-care, friends and family, animals, professional practices.

**ABOUT THE CLASSES: DAY 1 - USUI REIKI LEVEL I**—Origins, history, ethics, Usui-Tibetan Level 1 attunement, plenty of practice time giving and receiving Reiki. A relaxed, healing and rejuvenating day.

**DAY 2—USUI REIKI LEVEL 2**— Deeper practice, including Usui-Tibetan Level 2 attunement, three Reiki symbols, scanning, practice of remote healing, spiritual development, the practitioner's path and more.

**NOTE:** It may be possible to take just Level 1 or 2 — please contact the office about available space.

**Susan Hamlin, Usui Reiki Master Teacher (1998)**

**Sat April 1: Reiki Level 1 - 10 am - 5pm**

**Sun April 2: Reiki Level 2 - 10 am - 5 pm**

**Location: Saratoga Springs, NY**

**Tuition: \$350 — for both Reiki Level 1 & 2**

Includes: manual "Reiki The Healing Touch Level I—II" -179 pages by William Rand, Usui-Tibetan attunement for each level, Certificate of Completion for each level. Small class size allows plenty of practice time and individual support.

**Prerequisite—Level 1: None. Level 2: Reiki Level 1 certification.**

**Please sign up early— class size limited!**

**Questions, register — call Susan (518) 245-8010  
More info online: [Animal-Whisper.com](http://Animal-Whisper.com)**

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**“Learning Reiki is like having a first aid healing kit in your hands.”**

**- Susan Hamlin, Reiki Master Teacher**

**Why learn both levels together? Deepens** the benefit to the student, and more closely follows the approach of the founder, Dr. Usui. Reiki is a good investment—once you learn Reiki, it is there for you for life.



**WHO CAN LEARN REIKI?** Reiki is easily learned by anyone. No prior experience necessary. All ages welcome; under 18 with adult.

## **About Susan Hamlin, Reiki Master Teacher (1998)**

Susan began practicing Reiki in the 1990s and earned the Master Teacher Level in 1998. A lifelong student of holistic health and spiritual growth, her background includes yoga, mindfulness meditation with Thich Nhat Hanh and animal communication training with pioneers Penelope Smith and Dawn Hayman. Based in Saratoga Springs in the heart of NY’s horse country, her private consulting practice serves an international clientele.

“Reiki is a foundation practice that’s easy to learn that enhances the benefit of other practices,” Susan says. “I’ve seen wonderful responses for surgeries, aging, pain management and relaxation by beginning students. Reiki has been there for a core support for my animal’s holistic care, and helped extend quality of life.”

Susan continues to deepen her understanding of healing as a student of Jock and Ivana Ruddock’s Equine Touch™ and Canine Touch™, and Eden Energy Medicine for humans and animals.

**More info online: [Animal-Whisper.com](http://Animal-Whisper.com)**

**Questions, registrations? Call Susan (518) 245-8010**

**Please note: Reiki is a supportive practice and is not a substitute for a Physician or Veterinarian’s care. We do not diagnose, prescribe or treat diseases.**

### **REIKI IN HOSPITALS**

A research study at Hartford Hospital in Hartford, Connecticut indicates that Reiki improved patient sleep by 86 percent, reduced pain by 78 percent, reduced nausea by 80 percent, and reduced anxiety during pregnancy by 94 percent.

*Hartford Hospital, Integrative Medicine, Outcomes, <http://www.harthosp.org/integrativemed/outcomes/default.aspx#outcome6>.*

