# Reiki Retreat

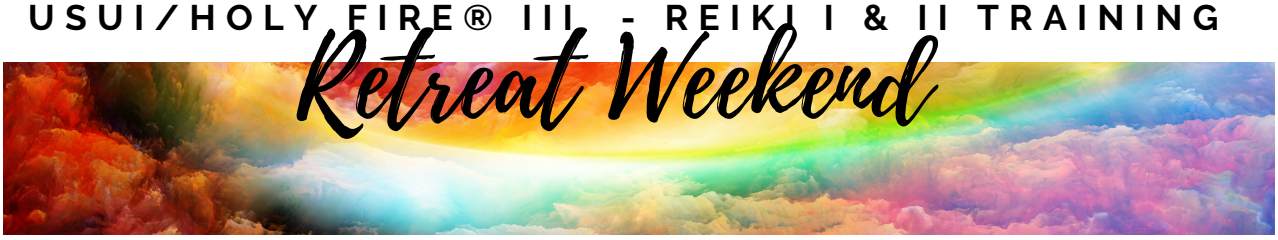
## REIKI LEVEL I AND II TRAINING RETREAT

hosted by Heather Robinson

SHERRILLS FORD, NC
ON LAKE NORMAN

OCTOBER
2-4, 2020

# USUI/HOLY FIRE® III - REIKI I & II TRAINING




Sherrills Ford, NC - Lake Norman October 2 - 4, 2020

**Hosted by Heather Robinson** HeatherHealingArts.com

Join us for a weekend of enlightenment at a serene lake house on Lake Norman at Sherrills Ford - just north of Charlotte, NC.
7 spots available for full retreat lodging.
Day students or commuters are also welcome!

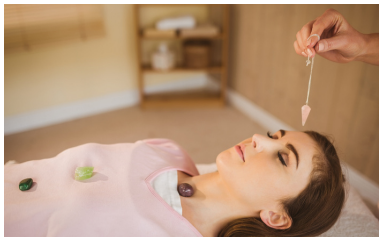
## What You'll Receive in this Training

Learn the art of Usui and Holy Fire® Reiki in a sacred, loving and healing environment of a nurturing weekend retreat hosted by Heather Robinson. Classes combine meditations, lecture, discussion, ignitions, and practice in a well organized and relaxed program.

**Reiki Level I class:** the student is given a Usui/Holy Fire® Level I ignitions which opens the student to channeling the Reiki energy to self and others. The student also receive the following:

- the Principles of Reiki
- the evolution of Reiki and introduction of the Holy Fire®
- the history of Reiki
- how Reiki is used to heal
- the Usui intuitive method of hand placement
- self-healing techniques
- how to give Reiki to animals
- practice in giving a full Reiki treatment
- Japanese Healing Techniques
- the official Reiki I &II manual from the International Center for Reiki Training

**Reiki Level II class:** the student explores the symbols of healing and how to use them to help heal on a deeper emotional level and facilitate distant healing that transcends time and space. The student receives the following in Reiki II class:



- level II symbols and how they work
- how to perform Distance (Remote) Reiki
- explore using crystals with Reiki
- how to create crystal grids
- learn to clear negative energies in your body and home
- Practice beaming and scanning
- Practice using the symbols in self treatment and treatments on other
- how to incorporate Reiki into your life and business

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# Retreat Weekend

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## Retreat Schedule

**Friday, October 2, 2020**
3:00 - 5:00 pm: Arrive
5:00 - 6:00 pm: Welcome and meet & greet
6:00 - 7:00 pm: Dinner
7:30 - 9:00 pm: Evening Discussion "Chakras 101"
9:00 - until pm: Free time and good night

**Saturday, October 3, 2020**
6:00 - 8:30 am: Good morning! Breakfast at your leisure
9:00 - 12:00 pm: Reiki Level I Class (with breaks)
12:00 - 1:00 pm: Lunch and free time
1:00 - 5:00 pm: Reiki Level I Class
5:00 - 6:00 pm: Free time
6:00 - 7:00 pm: Dinner
7:30 - 9:00 pm: Evening Discussion "Healing Arts Round Table"
9:00 - until pm: Free time and good night

**Sunday, October 4, 2020**
6:00 - 8:30 am: Good morning!
Breakfast at your leisure
9:00 - 12:00 pm: Reiki Level II Class
(with breaks)
12:00 - 1:00 pm: Lunch and free time
1:00 - 5:00 pm: Reiki Level II Class
5:00 pm: Goodbyes and departure

## Evening Discussions

**Friday, October 2, 2020**

**CHAKRAS 101:** Do you feel stuck? Have you set the same goals dozens of times only to meet the same lack luster results? Do you see negative patterns repeating in your life? You need to understand your chakras - the seven main energy centers in the body. When they are out of balance you can experience emotional and physical issues. You will learn:

- what are chakras
- how to recognize chakra imbalance
- how to balance your chakras
- how to use essential oils for each chakra
- **and the most eye-opening for me**...7 year cycles of each chakra's development. Blocked chakras can come from toxic family beliefs, and present or past life trauma. Unblocking your chakras is the key to getting **unstuck**!
- You'll receive a resource list for additional books, references and podcasts on this topic.

**Saturday, October 3, 2020**

**Healing Arts Round Table:** What would you like to know more about? Oracle cards? How to Smudge? What's all this talk about crystals? What are other healing modalities? How do I hear from my angels and spirit guides? How do I know if I am an empath? And why are my ears always ringing?!

The pandemic has kept us all at a distance and we are all aching to be in community again and share ideas face to face! Join in this fun, educational conversation where we will touch on lots of spiritual topics and where no topic is off the table. Heather will share her list of questions and topics folks most commonly ask her, but bring your own questions to share!

- You'll receive a resource list for additional books, references and podcasts on this topic.

# Heather Robinson©
## HEALING ARTS

Reiki Master / Teacher, Author, Speaker

Heather Robinson brings to her healing arts services compassion, intuition and a focus on supporting others to assist them explore their soul's highest potential. Heather is a Usui/Holy Fire® Reiki Master and Holy Fire® III Karuna Reiki® Master, and teaches the four levels of Usui Reiki and three levels of Karuna Reiki®. She is a licensed Master/Teacher through the International Center for Reiki Training (www.reiki.org).

Heather provides a safe, nurturing and confidential environment for her clients. She says, "While I am a Christian and practice prayer throughout a Reiki session, I am unbiased as to others' spiritual beliefs. I am open to connecting them to their higher self and spiritual guidance regardless of religion or belief." Heather is particularly gifted in opening people up to their true divinity. She says "If we can understand at what age the emotional blocks occurred in our lives, we can proactively heal our physical bodies to eliminate present and future dis-ease."

With 30 years experience in marketing and brand development, she now enjoys working with clients in the holistic, wellness and healing industries to provide them marketing services and intuitive guidance for their business development. She is trained in international mission travel and event planning and now enjoys teaching and hosting retreats in exciting locations. Heather is uniquely gifted in guiding others to incorporate healing arts into their daily lives.

1:1 Services with Heather:

- Reiki
- Distance Reiki
- Symphony of the Cells®
- Crystal Therapy
- AromaTouch®
- Intuitive Consulting
- Essential Oils Rx for Body, Mind, Spirit
- Home & Property Clearing and Blessing
- Reiki Certification & Training for Parents & Kids

Healing may not be so much about getting better, as it is about letting go of everything that isn't you – all of the expectations, all of the beliefs – and BECOMING WHO YOU ARE. - Rachel Naomi Remen

HeatherHealingArts.com | (704) 980-8227 | Heather@HRobinsonConsulting.com

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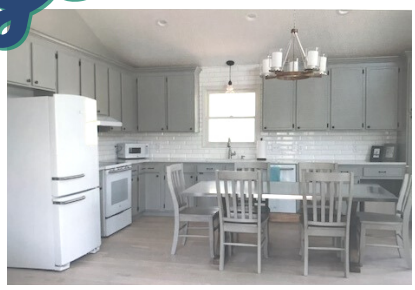
## The perfect get-away



*Spend a beautiful autumn weekend at the lake!* Located at the end of a quiet cove on Lake Norman, this cottage has it all. Beautiful views, a new dock above shallow water great for swimming, fishing and sports. Perfect for when you like getting back to nature in a comfortable home with all the modern finishes and new amenities. Relaxing space with beautiful lake views, a great deck for entertaining, a dry bar, a fire pit for socializing. Lake access right out the back door! Updated kitchen and baths along with all new beds, washer & dryer, appliances, gas grill, wifi, and smart TV.

Retreat house is located at Sherrills Ford on Lake Norman off Hwy 150 about an hour north of Charlotte city limits.

# USUI/HOLY FIRE® III - REIKI I & II TRAINING

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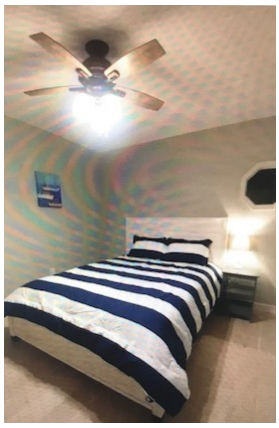
Are you longing for a weekend of relaxation, education, and enlightenment? You deserve a break away from the unexpectedness of 2020! Join us for a weekend of fun, fellowship, and Reiki! You'll enjoy getting back to nature on beautiful Lake Norman. After class, relax on the deck, spend time by the water on the dock, or sip a warm mug of tea on the porch under the starry skies while exploring exciting topics of conversation with your other weekend retreat house guests. You're in for good music, great conversation, and a memorable time! All meals, snacks, and beverages will be provided.

## FULL RETREAT PACKAGES

### BUNK ROOM $600

3 Spots Available
2 double bed bunks,
1 single bed, hall bath
*Includes:*
- $450 Reiki I & II training
- Training manual, certificate
- 2 evening discussions
- 2 breakfast, 2 dinners, snacks



### GUEST ROOM $650/*$675

1 or 2 Spots Available
*Single or Dbl Occupancy
1 Queen bed, view of lake,
Hall bath
*Includes:*
- $450 Reiki I & II training
- Training manual, certificate
- 2 evening discussions
- 2 breakfast, 2 dinners, snacks

### BASEMENT/ BONUS ROOM $675

1 or 2 Spots Available
1 sofa bed, 1 air mattress, hall bath, lake access
*Includes:*
- $450 Reiki I & II training
- Training manual, certificate
- 2 evening discussions
- 2 breakfast, 2 dinners, snacks

## OPTIONAL PARTICIPATION PACKAGES

### LIGHTWORKER 1 $550

If you live in the Charlotte area and will be commuting, then join us for the Reiki classes, meals, and evening discussions.
*Includes:*
- $450 Reiki I & II training
- Training manual, certificate
- 2 evening discussions
- 2 breakfast, 2 dinners, snacks

### LIGHTWORKER 2 $450

If you will be commuting for the daytime Reiki I & II classes and not participating in the evening activities.
I*ncludes:*
- $450 Reiki I & II training
- Training manual, certificate
- Snacks and beverages

- **ALL PARTICIPANTS WILL PLEASE BRING THEIR OWN LUNCHES FOR SAT & SUN**

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## REGISTER ME FOR THE REIKI RETREAT!

- Payments accepted via PayPal (friends option pls), Venmo, or Ca$hApp. *Text Heather for her account information at (704) 980-8227.*
- $175 non-refundable deposit due upon registration.
- The remaining balance (total price minus $175 deposit) is due no later than Sept. 27th, 2020.
- 100% refund (minus $175) for cancellation before Sept. 27th, 2020.
- 50% refund (minus $175) for cancellation Sept. 28th, 2020 - Sept. 30, 2020.
- 0% refund for cancellation after October 1, 2020.

**Name:**

**Address:**

**Email:**

**Phone:**

**Registration Type:**

Bunk Room $600 ☐ Guest Room Single Occupancy $675 ☐

Bonus/ Basement Room $675 ☐ Guest Room Double Occupancy $650 ☐

Lightworker 1 $550 ☐ Lightworker 2 $450 ☐

Please list any dietary restrictions OR preferences:

Are you attuned to any other healing modalities? Please list:

Can you share your reason for seeking Reiki I & II Training?

I will be diffusing essential oils. Do you have any essential oil sensitivities or scents you do not like? Please list.

Anything else you'd like for me to know about you? I can't wait to meet you! - *Heather*