

Beauty: Reiki Level 1

Course Type: Part Time Love2Learn

Level: 1

Location: City Centre Campus

This introduction to Reiki course is for those interested in the understanding and use of the alternative healing therapy Reiki, also described as the enabling of the body's ability to heal itself. If you would like to achieve a more happy, peaceful and contented life, this Reiki course can be a good start in that understanding. A certificate is awarded for your CPD portfolio.

What topics are covered?

Topics covered are: The Reiki levels of healing physical, mental, emotional and spiritual. The history of Reiki. The 5 Reiki principles. Reiki Level 1 symbol and practice of using the energy. Practical sessions devoted to the use of Reiki on yourself and others in a safe and relaxing environment. Each student will receive the Reiki 1 Attunement. Overview of Chakra system. Suggested ways to stay in balance and harmony with our bodies using Reiki.

Who is the course aimed at?

Suitable for beginners.

What qualifications will I gain?

Level 1 College Certificate in Reiki

Who is the awarding body?

Bath College

Who will be my tutor?

Heidi Rearden

How will I learn?

You will be working practically on each other and using provided course notes.

What can I do after this course?

You can progress to Reiki Intermediate.

Which department is this course in?

Department of Hospitality, Spa Industry & Landbased

Where will I need to go on my first day?

On your first day, please report to the Reception in the **Roper Building** at [City Centre Campus](#).

What do I need to bring?

Please bring loose clothing and flat shoes.

What else do I need to know?

Students will be required to practice on each other.

To avoid disappointment, please make sure you enrol on your chosen course early. Decisions regarding running or cancelling a course are made one week prior to the start of the course. If a course is cancelled, you will be informed and your course fees refunded in full. Please see [Terms and Conditions of Enrolment](#).

The course will not run on bank holidays or during half term. Please check the [term dates](#).

Where can I find out more information?

If you need help or answers to specific questions, please contact the [Student Advice Centre](#) on [01225 312191](tel:01225312191) ext 720 or email info@bathcollege.ac.uk.

How do I enrol?

You can enrol on this course:

Online: Click the "Add to Cart" button to enrol online.

Phone: Call [01225 328720](tel:01225328720) during our [opening hours](#)

Post: Download the [Love2learn Learning Agreement](#) and send to Student Advice Centre, Bath College, Avon Street, Bath BA1 1UP.

In person: Visit the [Student Advice Centre](#) in either of our campuses

Please see [how to enrol](#) for more detailed information.