



Balancing 4 Life

ENERGETIC SOLUTIONS FOR NATURAL HEALING

Welcome Letter

2021 November Jikiden Reiki Shoden Retreat Certification Class: 11/12-/14/ 21 Holmes Camp and Retreat Center

Dear Participant,

I am thrilled to welcome you to Holmes for a 3 day Jikiden Reiki Shoden Retreat. Holmes is the perfect setting to learn this original Japanese healing art for health and well-being. This beginner certification seminar will enable you to improve your health and well-being during these unpredictable times. Reiki is compassion in action for ourselves and others. It is the most natural, drug-free solution for physical, mental and emotional healing. This program is for both new students and repeating Shoden students. The Jikiden Reiki Shoden curriculum is taught worldwide. It provides the original Reiki teaching in its purest form without any “Western” influence or add-ons.

All students will receive a manual from the Jikiden Reiki Institute and a book on Reiki by Tadao Yamaguchi, chairman of the Institute. Jikiden Reiki teaches the intuitive art of feeling energy and how to follow your hands to provide Reiki where it is needed most. Everyone should have an opportunity to perform and receive a full Reiki treatment twice during the seminar.

Please arrive between 5-6 pm Friday evening, November 12th. The first evening session is from 7 – 9:30 pm following dinner. Breakfast on Saturday and Sunday will be 8 am - 8 30 am. Lunch is at noon on Saturday and 11:30 am on Sunday. A full schedule will be handed out on your arrival. The program will end at 3 pm on Sunday, November 14th with a closing ceremony.

Lively discussions and Q & A will be ongoing throughout the retreat so that everyone can feel confident by Sunday afternoon that they can immediately begin offering Reiki to family and friends following the course. Each new student receives a certificate of completion and an attendance card for future classes at the end of the retreat. Returning students will have their attendance cards stamped and dated to verify their review of Shoden. Please dress for the weather, bring comfortable clothes to relax and move around along with a journal for note taking.

I am honored to offer this fall Jikiden Reiki Shoden retreat for you. I look forward to helping you begin your Reiki journey soon.

Sincerely yours,

Anne H. Bentzen,
Jikiden Reiki Shihankaku teacher and practitioner