

# KIDS & TEEN REIKI CLASSES



## CLASS CURRICULUM

- WHAT IS REIKI?
- HOW DOES REIKI WORK?
- WHAT IS THE ENERGY SYSTEM?
- WHAT ARE CHAKRAS?
- WHY & WHEN IS REIKI HELPFUL?
- HOW DOES REIKI FEEL?
- HOW CAN I GIVE MYSELF REIKI?
- HOW CAN I SHARE REIKI WITH OTHERS? WHAT IS WELL-BEING?
- WHAT IS THE HISTORY OF REIKI?



## WHY LEARN REIKI

- Provides support during times of anxiety, stress or overwhelm
- Promotes self-regulation & self-awareness
- To improve overall mental, emotional & physical well-being. Sense of calm.
- Explore, talk about the part of being human which is not just the mind & body
- Encourages self-discovery



1/2 DAY CLASSES OFFERED ON SCHOOL IN SERVICE DAYS  
MORE INFO ON REVERSE

Learning Reiki offers youths opportunities for self-discovery, self-care and self-support. Students learn about energy and how the body mind and spirit are connected through the interpretation of the energy system. Students explore energy through sound, vibration, movement, art work, written work and group discussion. Students practice offering Reiki to themselves and others, fostering an awareness of how Reiki contributes to a life of healthy well-being and why this is important. Students learn about Dr. Usui, the founder of the style of Reiki they learn. Each student receives an attunement, which is where they receive 'Reiki Hands'. Each student receives a training manual suitable for a reference through high school years and beyond, as well as a Reiki Level One Certificate upon completion.

- Discover how Reiki can help through daily life at school, home, whenever you need
- Learning Level Appropriate training manuals include worksheets, follow along pictures & resources
- Ongoing support and practice events
- Classes are 4 hours - 8am-12noon - Kids Ages 11-14; 1pm - 5pm Teens Ages 15-18:
  - Monday, January 17 (Martin Luther King Jr Day)
  - Monday, February 19 (President's Day)
  - Monday, March 25 (Spring Break Week)
  - Thursday, March 28 (Spring Break Week)



Family Reiki classes are available for kids ages 10 and younger with a grown-up(s).

### Meet Your Teacher

Michel Barta, M.Ed. RMT is a Reiki Educator. She offers safe, supportive experiences to share and explore Reiki through Reiki sessions, training, and mentoring for Reiki practitioners. She offers Reiki training classes for adults, families, kids and teens.

She launched Peace Bridge Reiki in 2018, after receiving Reiki for 25 years. She first learned about Reiki when working with a psychotherapist who suggested she try Reiki.

Michel has many Reiki Master Teachers and multiple Reiki Master certificates including Usui Shiki Ryoho Reiki, Karuna Reiki and Animal Reiki. She has a Masters degree in Education Administration and several business and educational certificates.

Michel's approach is welcoming, inclusive and informative. She sees her role as a combination of ambassador, companion and witness as clients & newly trained practitioners gain confidence tuning into their inner wisdom for their natural healing journey.

"No matter what our age, Reiki empowers us to help ourselves when we need it. Everyone can learn Reiki! Reiki classes are a place to consider ideas to explore the parts of ourselves which are not just the mind or the body. Reiki provides feelings of safety and support during periods of transition, change or uncertainty, which can feel stressful. A regular self-practice begins with Reiki Level One, and it is the stepping stone to experiencing a lifestyle of greater calm, resiliency and well-being."

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**TO LEARN MORE, SCHEDULE A  
CONSULTATION WITH MICHEL**