

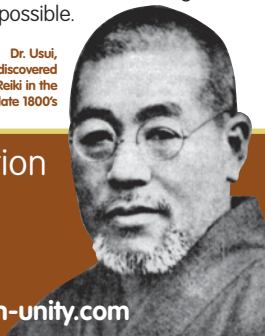
warmth and sometimes gentle tingling or pulsing. The breath will slow down and usually the receiver drifts off into a light sleep. There is a feeling of deep relaxation, lightness and a strong sense of support, protection and trust. All of the body's systems will receive this wonderful energy, e.g. the lymphatic system will be given a boost, circulation will be improved and the nervous system will be stimulated. The emotional, mental and spiritual parts will be affected and the overall energy levels will rise. Stronger will-power, clarity, sense of purpose and contentment will be made available. Reiki is not a belief-system, all that is required is an open mind and a will to accept the healing ability within.

Treatments can be received once a month or more to maintain an overall balance. Ideally it is most beneficial to receive the Reiki 1 attunements as this allows us to connect to this energy directly whenever we choose.

## WHAT IS A REIKI ATTUNEMENT?

An attunement varies to a treatment in that it enables us to have direct access to the Reiki energy without needing to receive it through a Reiki Practitioner, thus we learn to do self healing. Reiki is taught in 3 levels and the student receives 2-4 attunements for each. The attunement process is experienced by sitting eyes closed for approximately 10-15 minutes while the Reiki Master (an eastern term meaning Teacher) activates the crown, third eye, heart and palm chakras. This allows the universal life force energy to permanently flow through the receiver, as it used to so many years ago. When giving Reiki, we too receive the infinite energy. Reiki is safe and no transference of negative energy is possible.

Dr. Usui,  
rediscovered  
Reiki in the  
late 1800's



For Bookings or further information  
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**Sevanti** is the  
Director of **Unity**  
(BA Hons, Dip,  
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Sevanti has been practicing Reiki since early 1998, and teaching since Spring 1999. She is dedicated to promoting Reiki in its traditional form, with no add-ons or over-pricing. She teaches courses in Brighton, her home town and on Yoga retreats which she runs in the UK and Turkey.

Sevanti also teaches Reiki for the Holistic Holiday company 'Skyros'. Sevanti runs the Unity School of Yoga, Dance and Bodywork; and teaches a diploma in Unity Yoga Teacher Training (IYN), and Holistic Massage & Personal Development (MTI) Sevanti also teaches Unity HaIha Yoga, Energy Enhancement Meditation and Contemporary Meditative Movement and Dance. She practices the following Holistic Treatments: Swedish Massage • Thai Massage

- Acupressure Chair Massage •
- LaStone Therapy • Balinese Ritual Massage • Reiki & Crystal Healing.
- Sevanti's retreat company organises Yoga retreats from 3 days to 2 weeks fusing Yoga, Partner Yoga, Massage workshops, Meditation, Mantras, Dance and various Holistic Treatments to indulge in.
- Also, Sevanti continues her work with Dance, choreographing and working with screen installation.

# REIKI

Reiki means  
'Universal Life Energy'.

It is the highest and purest vibration of energy - for our planet, and for our race. It feeds our energy systems so that our physical, mental, emotional and spiritual bodies work with efficiency and harmony...



*Unity*

School of Yoga,  
Dance, Bodywork  
and Retreat  
Company

*relax release revive*



靈  
氣

This form of natural healing originated in Tibet over 2500 years ago and was rediscovered by Dr Mikao Usui in the late 1800's.

## HOW DOES IT WORK?

The Reiki Practitioner becomes a Healing Channel, allowing Reiki to flow through their Crown Chakra to the heart and out through the hands. This energy is then offered to oneself or into a recipient. This way, the receiver is subconsciously in control, drawing the energy that is personally needed to enhance their natural healing ability. This means that all systems of the body are given a boost, each cell is cleansed and revitalised promoting internal balance. We may feel energised or relaxed, whatever is needed at the time.

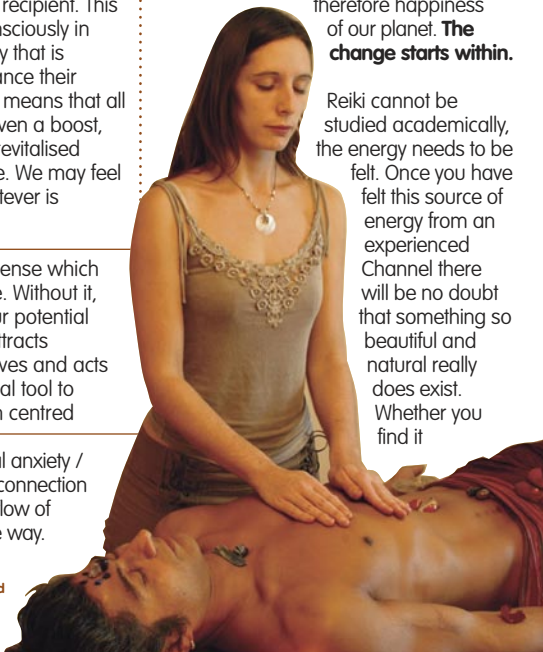
Reiki is almost like a 6th sense which we have 'forgotten' to use. Without it, we are not working to our potential - this wonderful energy attracts positive changes in our lives and acts as a peaceful meditational tool to help us relax and remain centred

Physical illness or emotional anxiety / mental stress / spiritual disconnection all occur when the natural flow of energy is impaired in some way. This occurs by every day

Reiki can be combined with crystal healing

circumstances which accumulate and causing stagnant energy within our energy centres or 'Chakras.' Our vital energy system will then be struggling to feed the other aspects of our being, causing fatigue and various levels of dis-ease. Reiki is a natural instinct; e.g. if we have a headache, we will naturally place our hands on the area, and we offer comfort by touch. By receiving a Reiki treatment, our vital connection is restored and we feel part of our planets group soul - so important at a time when so much of our food, water and environment is so polluted. Being fed by this natural high vibration of energy causes us to function at our highest potential. In turn, we can individually raise the vibration, health, and therefore happiness of our planet. **The change starts within.**

Reiki cannot be studied academically, the energy needs to be felt. Once you have felt this source of energy from an experienced Channel there will be no doubt that something so beautiful and natural really does exist. Whether you find it



hard to sleep, suffer for headaches, have a chronic illness or simply want to find peace and meditation - you will certainly find benefit through a Reiki treatment. You do not have to be ill to benefit, it is a system which maintains balance and restores equilibrium, therefore ideal to **prevent** illness and **maintain** an optimum state of health

## HOW DOES A TREATMENT FEEL?

A treatment lasts for approximately one hour. The recipient relaxes on a treatment couch, fully clothed in a warm peaceful environment. The practitioner places their hands onto certain positions, mainly where the main chakras are located on both the front and back of the body. The recipient will feel a pleasant

## REIKI TRAINING

Please see below for the subjects covered by the 3 Reiki stages of study. This lineage is very direct, with only 6 teachers between the student and Dr

Usui-who rediscovered this form of healing. Therefore the training is very traditional and complete, taught in the way it was intended, in 3 parts.

<p>Reiki 1 £100</p>	<ul style="list-style-type: none"> <li>• Background, history and meaning of Reiki</li> <li>• Lineage, 21-day cleansing</li> <li>• Why do we need Reiki?</li> <li>• The Aura</li> </ul>	<ul style="list-style-type: none"> <li>• Chakras</li> <li>• Anatomy and Physiology</li> <li>• Hands on healing</li> <li>• Healing on others</li> <li>• 4 attunements</li> </ul>	<ul style="list-style-type: none"> <li>• Meditation and grounding</li> <li>• Cleanses mainly on a physical level</li> <li>• 2 days over 1 weekend</li> </ul>
<p>Reiki 2 £150</p>	<ul style="list-style-type: none"> <li>• Becoming a fully certified and insured practitioner through <b>UNITY Natural Health</b></li> <li>• Recap of Reiki 1</li> <li>• Deeper work with the Aura and Chakras</li> </ul>	<ul style="list-style-type: none"> <li>• Learning 3 of the 4 Reiki symbols - the keys to more specific healing techniques</li> <li>• Distant Healing</li> <li>• 2 Attunements</li> <li>• Meditation, protection</li> </ul>	<ul style="list-style-type: none"> <li>and grounding</li> <li>• Cleanses mainly on an emotional and mental level</li> <li>• 1 day</li> </ul>
<p>Reiki 3 £395</p>	<ul style="list-style-type: none"> <li>• Becoming a fully certified and insured Teacher through <b>UNITY Natural Health</b></li> <li>• Recap of Reiki 1 and 2</li> <li>• Deeper look at the Aura and Chakras</li> <li>• Learning the 4th Reiki</li> </ul>	<ul style="list-style-type: none"> <li>Masters symbol</li> <li>• Considering other variations of the Reiki story</li> <li>• The responsibility of becoming a Teacher of Reiki</li> <li>• The attunement process</li> </ul>	<ul style="list-style-type: none"> <li>• 4 attunements</li> <li>• Meditation, protection and grounding</li> <li>• Cleanses mainly on a spiritual level</li> <li>• 2 days over a weekend (plus continuous apprentice support)</li> </ul>