



Reiki Retreat

An opportunity to immerse yourself in Reiki energy and receive gentle healing for mind, body and spirit. Learn Reiki, refresh your previous training or uplevel your existing Reiki skills to take your training to practitioner or Master level. Come solo or with a friend and stay overnight in the off grid yurt in the magical garden.

Sample 2 day/ 1 night for Reiki Level 1

Day 1

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| 10:00 | Arrive and settle into the accommodation |
| 11:00 | Opening circle and Introduction to the land and Crombie Point with Fay
Healing discussion and Plant blessings to cleanse energy field |
| 12 – 1 | Lunch |
| 1pm | Introduction to Reiki, its history and origins |
| 2pm | Reiki 1 attunement |
| 3pm | Break and reflection
Personal time in meditation and reflection at Gardener's Cottage and Crombie Point |
| 3:30pm | Self Reiki practise and personal healing |
| 5pm | Close circle for the day |
| 6pm | Dinner |
| 7.30 | Evening Qi Gong relaxation session |
| Overnight: | Stay in the Yurt |

Day 2

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| 8:00 | Breakfast |
| 9:00 | Open circle meditation and Qi Gong energy practise |
| 10:30 | Reiki: treating others, hand positions and practise |
| 12.30 | Lunch |
| 1:30 | Relax and enjoy the garden space |
| 2:30 | Closing circle |
| 3:30 pm | Pack bags and departure |





Retreat pricing for Reiki Level 1:

£405 based on one person

£360 per person based on two people sharing

(includes all vegetarian meals and one night's accommodation, all training, pdf Reiki Manual, certificate and materials)

Additional night's accommodation and breakfast is also possible for an additional £90.

To find out what dates are available and book your retreat please get in touch with

fay@fayjohnstone.com

For Reiki Level 2 training and Reiki Master training please get in touch with fay@fayjohnstone.com

