

YOGA WITH SHAWNA

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REIKI LEVEL 1 + 2

facilitator training

Trainings can be taken in person or online.



Enrollment

This training is open to anyone with an open heart + mind. There is no prerequisite or necessary prior experience. Whether you are someone who has been considered "sensitive," "intuitive" or you are just able to "feel" or "know things" or if you some one who is just curious about energy, Reiki or the chakras, this comprehensive training on Energy Work + Reiki will answer all of your questions + give you the tools to not just understand energy but become healthier + more balanced overall for yourself and help others. Giving Energy Work is a skill that is taught and can be quickly learned. It is something everyone has access to and is something anyone can do.

Courses can be taken as a group or privately working one-on-one with Shawna + her Reiki Masters. Courses can be taken in studio in Imperial Beach, or online live via zoom.

It's all about energy.

Trust that just as energy works and you will learn in the class, you got drawn to this course for a reason. The experience will be exactly what you need + what you have been asking for regardless of which ever way you decide to take the training, you will feel connected + supported. What set's Shawna's Reiki Level 1 + 2 Facilitator Training apart is not just the depth of the curriculum but the sense of community and support it fosters. She honors your energy and understands learning styles + energies so she can provide the best education for you. In addition, often times people who take this training do not have friends or people in their life where they can talk about energy + these sorts of topics. This community makes you feel understood + heard in this area of life that is often misunderstood or just ignored. As part of this close-knit community and direct focus and attention from Shawna, you will have the opportunity to learn, practice, and help others within a supportive network of those who like to talk about and learn about energy work + all that is related along with your internationally recognized teacher.



Curriculum

Everything is energy, yet most of us neglect our energy body. The energy body works like a magnet and is responsible for what we attract in our lives. It is what is responsible for that feeling of "good luck" or "bad luck." For "why is this always happening to me?" or "wow, life is magic and I can create anything I want." It is connected to our feeling of balance that is related to our mental, physical, emotional, spiritual, collective + financial health. A feeling of lack is connected to an imbalance in the energy body. Having too much energy can feel like anxiety. Having too little energy can feel like fatigue, depletion or depression. This training dives deep into understanding the reality of energy and how it plays a part in your life + the community. It allows you to understand the importance of balancing energy + teaches very simple tools that can be used immediately to make significant changes in your life. This dual certification program teaches you how to give Reiki to + Energy Healing to yourself + others. Reiki is a Japanese form of energetic healing. Learning Reiki is one of the greatest gifts you can give yourself and the world. Level 1 focuses first on learning how to use energy for your own well being and provides assignments + opportunities to practice this. We then process into Level 2 where the focus is on the collective and how to navigate the energies in the world while helping others who are interested in receiving Reiki. You will graduate prepared with a regular Reiki routine for your own self-wellness and awareness while certified to give Reiki sessions professionally to others. The training cannot be split and Level 1 + 2 must be taken together. Even if you do not want to start a Reiki or Energy work business or give it to others, the Level 2 course will deepen your understanding and expand your practice. It is not required for you to give Reiki or Energy work to others when graduating but practicing this skill in class is necessary for your progression + understanding of the skill.



"I have always been sensitive. I dealt with anxiety + depression. This training transformed my life. It made me understand myself, who I am and why I was feeling these things. Then I learned how to improve my health. My entire demeanor has changed and I am a different person. I am balanced + I am happy. I had no idea I was going to get this from this training. I can go on + on listing all the changes in my life + ways I am better. When I say it is life changing, it truly is. The Reiki + Energy work is something I use every day. I cannot picture my life without it now."





Prerequisite

We are all energy so anyone and anything who is made of energy is invited to take this course. This is the first of a 3 series of certification courses in Reiki and Energy Medicine. There is no prerequisite for Level 1. It is open to all. This course lays the ground work for the rest of the series of classes in the Reiki + Energy Work Facilitator Certification because it teaches how to give Reiki to yourself (Level 1). For Level 2, you will learn how how to give Reiki to others. You must be certified in Level 1. Level 2 also prepares you for a mastership course on refining your skills (Level 3) + leading or creating your own certification program and teach and certify others (Level 4).



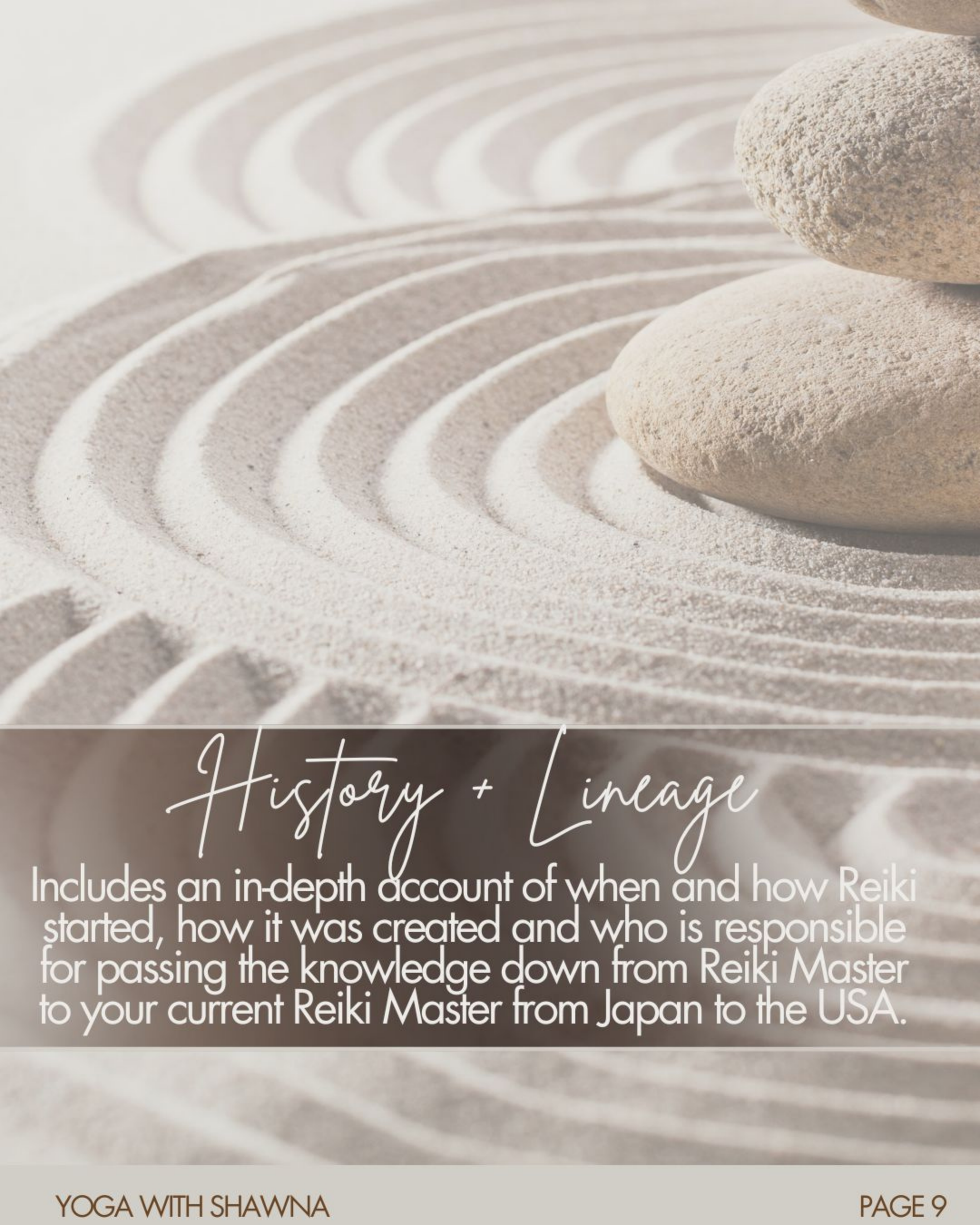
Energy + Pendulum use

Includes dissection of the scientific and spiritual component of what Energy is. Shows ways to tangible measure energy using a pendulum and dosing strategies.



The Chakra System

Includes a deep understanding on the 7 chakras and ways to use mantra, color, food, plant medicine, aromatherapy, and crystals for chakra balancing.

A photograph of a Zen garden featuring concentric sand ripples and a stack of smooth, rounded stones in the upper right corner. The scene is captured in a soft, warm light, creating a sense of calm and tranquility.

History + Lineage

Includes an in-depth account of when and how Reiki started, how it was created and who is responsible for passing the knowledge down from Reiki Master to your current Reiki Master from Japan to the USA.



I attract
all
good
things



Energy + Affirmations

Explains how affirmations work physically, mentally, emotionally and energetically. Provides various energy affirmations to balance the chakras Presents the 5 Reiki Principles responsible for bringing balance to the energy body. Provides different applications for using affirmations



Reiki Symbols

Presents the 3 symbols as channeled from Dr. Usui. Shows how to draw them and use their names for self healing, along with other ways of using them for self healing



Application of Energy Work

Includes understanding the different (and limitless) ways to give yourself Reiki + Energy work for self healing and energy balance. Includes 21-Day Energy + Reiki Commitment for self healing + 21-Day Third Cleanse for purity in giving Reiki to others.



Name: Yoongi Min
date: Tu., 9 March 1993
in Daegu, KOREA
120e35, 35n52
Vital, Transits and Progress
Prog. Date: 5 Apr. 1993, 9



Feeling + Seeing Energy

Includes energy games in which you can feel, see and describe the energies around you with your eyes closed. Dissects readings energy and the different "claries."



Energy Protection

Includes the importance of shielding yourself when giving a session. Explains strategies and techniques to block unwanted vibrations from coming into your energy field.



Long Distance Healing

Explains how to give Reiki + energy work remotely to people and places throughout the world. Explains how to give Reiki + energy work to you (and other's) past to release trauma+ future to release worry.



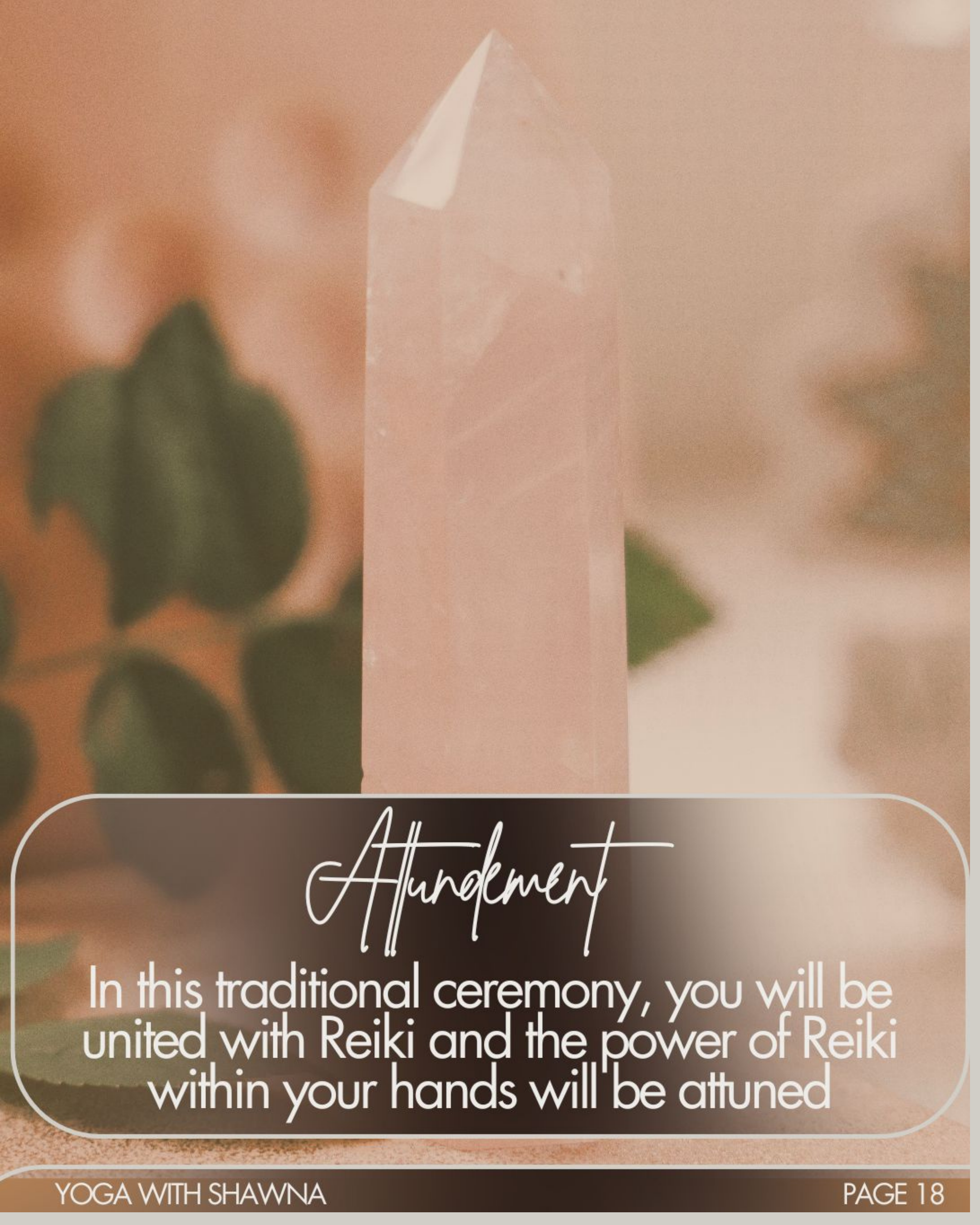
Giving Reiki to Others

Includes hands on explanation and experimentation with giving Reiki + Energy Work to others using various Reiki + energy healing techniques.



Business + Ethics

Explains how to ethically and righteously run a successful Reiki business free from blockages so prosperity can be attracted into your life.



Attunement

In this traditional ceremony, you will be united with Reiki and the power of Reiki within your hands will be attuned

Internship Facilitation Program

This training supports + encourages you to bring what we discuss out into the world. This educational internship experience will have you giving Reiki + Energy Work to others with the guidance of your teacher. The internship allows you to bring the teachings to life + understand how to give Reiki + Energy Work to others confidently + competently. The internship provides practice to:

- give Reiki + Energy work other like-minded students in your program or graduates of the program
- at the 5-star rated Reiki Clinic at Yoga With Shawna
- through long distance sessions remotely
- through free Reiki sessions at the Reiki Clinic through your Reiki Master.





What you will gain from joining:

- A supportive classroom from an experienced teacher
- Exposure to various energy tools (tangible + untangle)
- Health benefits physically, mentally, and emotionally
- Openness + expansion in your spirituality and understanding of science, energy, and existence.
- The ability to give back + help others
- Self development + deeper understanding of who you are + how to take care of yourself
- The founder of Reiki, Dr. Mikao Usui, described Reiki as the "art of inviting happiness." This training provides emotional well being and invitation for more joy in your life
- Clinic practice hours, free reiki sessions, +
- A community of students + colleagues who inspire + support + understanding you
- Tools and experience to start a Reiki business online or in person.

Accreditation

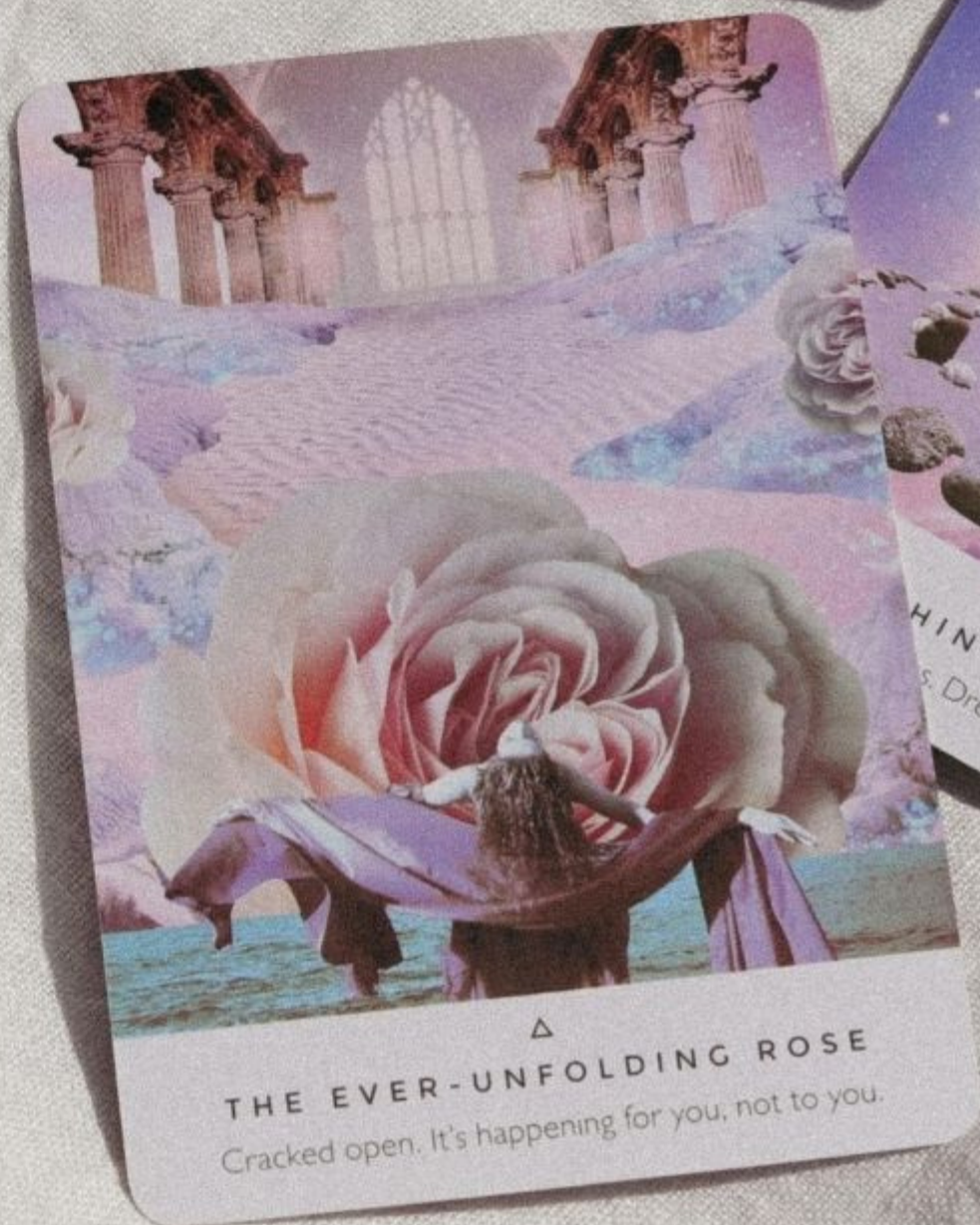
This is an official, multi-accredited certification.

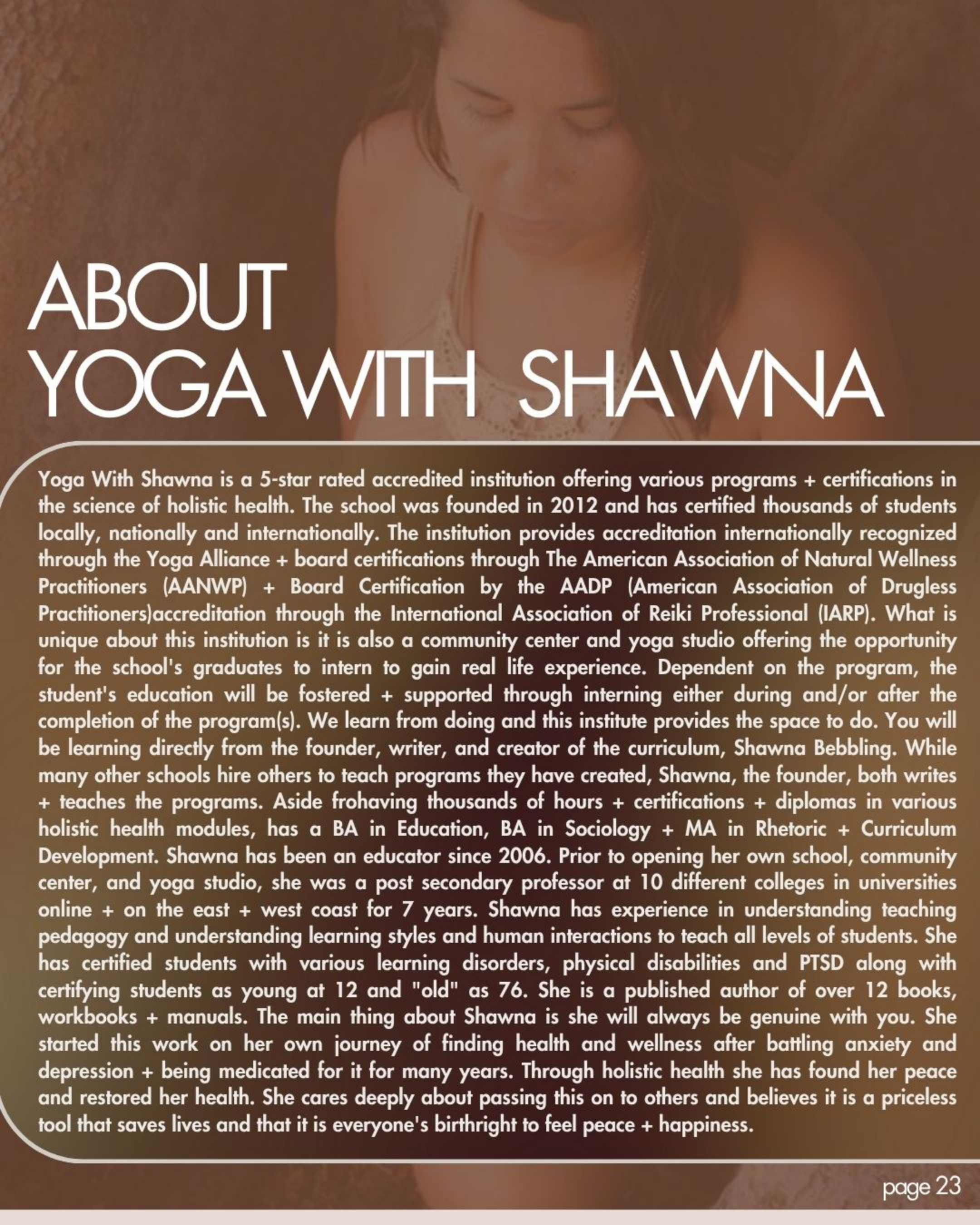
- Internationally Accredited 40 Hour through the Yoga Alliance (YACEP)
- Board Certificated through The American Association of Natural Wellness Practitioners (AANWP)
- Board Certification by the AADP (American Association of Drugless Practitioners)
- Course is a part of the 1000 HOURS Holistic Health Practitioner Program but can be taken a separate certification
- Course led by founder of Yoga With Shawna, Yosemite Yoga + Wellness, Desert Dimension, San Diego Yoga Festival + The Holistic Health Institute of San Diego, Shawna Schenk who has over 20 years of teaching experience, two Bachelor Degrees, one Master's Degree + over 25,000 hours of yoga teaching experiences + certifications



"Everyone should take this course. It provides insight to yourself in ways that are pivotal for growth and understanding. It provides tools to improve your health + wellbeing and that of others. It is interesting and a beautiful combination of science + spirit. Shawna is so super knowledgable, experienced and dedicated. I have found my home, my safe space, and my school, a place that really helps me grow to be better."

"Shawna is a powerful healer + bright light. I always feel better when I am with her. The training was so comprehensive + the experience was something I will never forget. It is so amazing how you can help yourself with just your hands + thoughts. I am forever grateful."





ABOUT YOGA WITH SHAWNA

Yoga With Shawna is a 5-star rated accredited institution offering various programs + certifications in the science of holistic health. The school was founded in 2012 and has certified thousands of students locally, nationally and internationally. The institution provides accreditation internationally recognized through the Yoga Alliance + board certifications through The American Association of Natural Wellness Practitioners (AANWP) + Board Certification by the AADP (American Association of Drugless Practitioners) accreditation through the International Association of Reiki Professional (IARP). What is unique about this institution is it is also a community center and yoga studio offering the opportunity for the school's graduates to intern to gain real life experience. Dependent on the program, the student's education will be fostered + supported through interning either during and/or after the completion of the program(s). We learn from doing and this institute provides the space to do. You will be learning directly from the founder, writer, and creator of the curriculum, Shawna Bebbling. While many other schools hire others to teach programs they have created, Shawna, the founder, both writes + teaches the programs. Aside from having thousands of hours + certifications + diplomas in various holistic health modules, has a BA in Education, BA in Sociology + MA in Rhetoric + Curriculum Development. Shawna has been an educator since 2006. Prior to opening her own school, community center, and yoga studio, she was a post secondary professor at 10 different colleges in universities online + on the east + west coast for 7 years. Shawna has experience in understanding teaching pedagogy and understanding learning styles and human interactions to teach all levels of students. She has certified students with various learning disorders, physical disabilities and PTSD along with certifying students as young at 12 and "old" as 76. She is a published author of over 12 books, workbooks + manuals. The main thing about Shawna is she will always be genuine with you. She started this work on her own journey of finding health and wellness after battling anxiety and depression + being medicated for it for many years. Through holistic health she has found her peace and restored her health. She cares deeply about passing this on to others and believes it is a priceless tool that saves lives and that it is everyone's birthright to feel peace + happiness.

Investment

\$1999 [discounted rate, paid by first day of school]

2 payments of \$1019.49

3 payments of \$696.33

apply:

