

WWW.WELLNESSWITHIN.UK

REIKI LEVEL 1



2025
Group Course Dates



Welcome

Hello, And a warm welcome to Wellness Within.uk (WWuk) Reiki Academy!

If you've been in search of an exceptional learning experience that resonates with your inner self, emphasises intuitive growth, and aligns seamlessly with your understanding, your quest may end here.

As your Reiki Master Teacher, my commitment is to ensure that each course not only captures your interest but also simplifies the profound art of Reiki, making it both accessible and thrilling to integrate into your daily routine.

In my teachings, I draw from both the Western and Japanese Reiki traditions, offering a balanced blend. Reiki, surprisingly straightforward to grasp, holds the promise that every participant will feel the transformative flow of its energy post-course. I am unwaveringly confident that your journey with us will leave you attuned to the subtle energies of Reiki.

Guiding you throughout your course, I provide not only mentorship but also share valuable resources that amplify your innate energetic and intuitive abilities & recognise their true potential for wellbeing and embark on the path to creating their ideal life—right now!



Fees and details are correct as of February 1st, 2024. Please check the website for current pricing.

[Access my website here](#)



Reiki Level 1 Beginners Course



WHAT THIS COURSE IS ABOUT

The course will give an introduction to the philosophy, history, and theory of Reiki, and includes many practical exercises to boost the confidence of the students to use Reiki.

At the end of the course, students will feel the flow of Reiki and be able to give treatments to family and friends, as well as using it for themselves – for healing and personal development.

The courses are taught in a relaxed and personal style, with plenty of time for questions, and to grow in confidence when working with energy. It is always an amazing moment when students give their first treatment – and receive the feedback that it works!

NO prior experience or background is necessary! This is a comprehensive Level 1 training. If you are already qualified in areas such as counselling, complimentary health & wellbeing, this is an excellent modality addition to elevate your skills by including Reiki practice to your tool kit.

WHAT YOU NEED TO KNOW

An Enhanced Learning Experience:

My in person group course is thoughtfully designed to immerse you in the practical uses of Reiki within a nurturing, learning and healing space, aiming to provide an Individualised learning environment, which guarantees that every participant receives personalised attention, fostering a high-quality learning experience for all. The course is held over two days at a venue situated in Newbury, Berkshire, UK.

Investment :

The £175 course fee covers all aspects of your Reiki Level 1 Shoden Course:

- Detailed course manual and Reiki Mp3 audio meditations
- General refreshments on both days (lunch is not provided)
- Reiki Level 1 (Shoden) certificate
- Access to the Shoden training vault, offering a wealth of additional resources to explore.
- 6 month free Subscription to the Gifting Together Community and monthly Reiki Share online meetings, fostering ongoing connection and support within our community.

Post-Course Support:

Following the completion of my Shoden course, I offer a valuable online group Reiki coaching session to review your learning & reflect on your experience & answering any questions you may have!

Convenient Payment Structure:

Secure your spot with a non-refundable deposit of £75 at the time of booking, and settle the balance of £100 one week before the course begins.





2025

SHODEN REIKI COURSE DATES

PLEASE NOTE ALL BELOW COURSE DATES ARE FOR THE LIVE (IN-PERSON) GROUP TRAINING, IN NEWBURY, BERKSHIRE ONLY. THE ONLINE GROUP COACHING SESSION DATE IS AGREED BY STUDENTS AND RMT ON COMPLETION OF THE LIVE COURSE.



JANUARY 2025: REIKI LEVEL 1 (SHODEN) COURSE

Saturday 27/01/25 10am till 5:00pm

Sunday 28/01/25 10am till 3:00pm



APRIL 2025: REIKI LEVEL 1 (SHODEN) COURSE

Saturday 12/04/25 10am till 5:00pm

Sunday 13/04/25 10am till 3:00pm



JULY 2025: REIKI LEVEL 1 (SHODEN) COURSE

Saturday 05/07/25 10am till 5:00pm

Sunday 06/07/25 10am till 3:00pm



OCTOBER 2025: REIKI LEVEL 1 (SHODEN) COURSE

Saturday 18/10/25 10am till 5:00pm

Sunday 19/10/25 10am till 3:00pm

Please note WWuk requires minimum of 2 students for all course dates. If WWuk proceeds with cancellation of a course date and students are unable to attend alternative course dates, then a full refund will be offered.



Testimonials

"Hello Niki! I think this course was amazing! The journey has given me a holistic view of our Energy system and the gift Reiki offers me has been enlightening. Thank you for your mentorship as I was not left alone with anything and your support, the course and the materials in Learning portal has been invaluable to build my confidence of working with energy for my self and others.

(Matt,46)

"OMG! LIFE-CHANGING AND EMPOWERING! I am so amazed, in awe, grateful, excited, completely lost for words. I mean this course was the best decision in my life. I loved it! I loved the vibe. Niki was just so positive and encouraging and the practical sessions were so valuable! I am so grateful to have chosen this course, Niki your practical coaching, your advice, motivational words all put together was just an awesome experience! THANK YOU so much!

(Yasmin 23)

BOOK A FREE DISCOVERY CALL

Today

I'm so excited in the prospect of working with you, please reach out and arrange a Free Discovery call to explore more.

Contact:

www.wellnesswithin.uk

info@wellnesswithin.uk

Thank-you!



WWW.WELLNESSWITHIN.UK



*Reiki
Academy*

WITH NIKI BAGGS (RMT)