

Course Description and Outline

Course Title	Reiki Level 1		
Level of Course	Level 1	Course Code	A2170
Duration in Weeks	5		
Brief Description of Course What will the course cover?	<p>Reiki is a gentle, yet powerful healing system that is easy to learn. In Reiki Level 1 the student learns the basic hand positions for self-healing and for facilitating healing for family and friends.</p> <p>On this course you will:</p> <ul style="list-style-type: none"> • Discover the origins of the Reiki healing system, and its principles and best practice. • Learn how to connect to and work with healing energy for yourself and others. • Practise various meditation/ visualisation techniques to enhance your Reiki practise. • Learn about the body's natural energy centres and their functions. 		
Entry Requirements	<ul style="list-style-type: none"> • To be able to arrive on time and to attend every class. • To be able to comfortably work with others 		
Main Learning Outcomes for all Learners (Maximum of 5)			
By the end of the course you will be able to:			
1	Connect to Reiki energy and sense healing energy in your hands by the end of the 1 st lesson.		
2	Carry out a 20 minute self-healing session, with seated and lying hand positions and sequence, with confidence before the end of the course.		
3	Carry out a 20 minute healing session for family and friends, with seated and lying hand positions and sequence, with confidence before the end of the course.		
4	Discuss and understand the Reiki history and its origins and recite the Reiki Principles.		
5	To increase your understanding of your body's energy system and be able to name the main energy centres of the body and their functions.		
Equipment Required What will I need to bring to class?	Pen and paper for taking notes Blanket and pillow for self-healing - lying		
What courses can I go on to?	Reiki Level 2 and other health related courses		

What examination or assessment will there be and what will it involve?

There is not examination or formal assessment, but you will be asked to monitor your own progress using an Individual Learning Plan

How will I know I am making progress?

Your tutor will provide support and feedback throughout the course.
You will be asked to complete a Health Screening Questionnaire and an Individual Learning Plan to help monitor your progress.

Is there anything else I need to know?

In general, we will not allow late enrolment to any course after the first two weeks. Learners are expected to arrive on time and attend every class.

Children are not allowed in our health & fitness courses unless they are specifically family learning classes. Please do not ask your tutor to give your child access as they do not have the authority to do this.

Health and Safety requirements demand that all learners participating in health classes must be present for instructions on safe working practices. Therefore, latecomers who miss the first part of the session will be refused entry.

Students are encouraged to comment on the course. The tutor will distribute at least one student satisfaction survey where your views will feed back into the planning, teaching and learning of future courses.

What if I want extra support? Contact the Learner Support & Advice Team

The Learner Support & Advice Team can support learners to help them achieve their education and employment goals. Information, advice & guidance are given on a range of issues, including financial support, and support available for learners who are disabled and learners with learning difficulties. Come and see one of our experienced and friendly advisors who can help you make the next step.

For further information, text **IDEA** and your name to **07950 080 341** or email **ideastorelearning@towerhamlets.gov.uk** and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

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