

INNER WELL REIKI Provided by Betty Pound--www.innerwellreiki.com

Betty Pound, Reiki Master Teacher schedules private appointments for energy work. Reiki is a peaceful, restorative practice that works with positive energy on a fully clothed client in a safe and secure process. Contact Betty at Inner Well Reiki with questions or to schedule an appointment: **715-845-8766**

PRIVATE REIKI SESSION

Reiki is provided by private appointment for many purposes—relaxation, pain and stress relief, revitalization, balance, and personal growth. Experience Usui and Karuna® Reiki with options of crystal therapy and/or singing bowl sound therapy. Contact Betty Pound to schedule a private Reiki session. Reiki works well on physical, emotional, mental and spiritual levels and is great for uplifting, releasing, and healing. Confidentiality is maintained.

Fee \$60 for 60-minute hands-on session (allow 75 minutes)

PRIVATE AURA CLEANSING

An aura cleansing is a private energetic session that targets a person's blockages (areas of density or negativity) or pending issues with active involvement. Betty works with you to help identify and release what you are ready to, transmuted the negativity into positive energy using energy, breathwork and space clearing of the energy field.

Fee \$30/30 min. (pro-rated for time of session, \$1/minute)

PRIVATE CHAKRA CLEARING/CRYSTAL HEALING

This energetic clearing uses Reiki, sound vibrations through crystal bowls or chanting, and the laying on of crystals over chakra silks that are placed on the client's fully clothed body. This potent energetic application supports the client's intention to release blockages and/or open energetic gateways to new behaviors and affirmations.

Fee \$60 for 75 minutes

PRIVATE HEALING SOUND SESSION

Experience the in-depth peace and renewal using vibrational energy through crystal singing bowls and tuning forks in a sound session to enhance inner well-being. Betty works with different tones to harmonize with you, and treats chakras for balance and harmony.

Fee \$60/hour

INNER WELL REIKI CLASSES

REIKI ONE Class (Usui Reiki and Self-Treatment). Learn Introductory Usui Reiki and Self-Treatment Basics using the Usui method and International Center for Reiki Training materials. Reiki One teaches Reiki hands-on healing for self-use and for limited use on your loved ones. Lecture, discussion, and personal experience are employed. Reiki is an excellent relaxation and pain management tool. Used like meditation in regular practice, it enhances immune function and inner wellbeing. Great for "inner work" to help you resolve anger, heartache, grief, and pain, Reiki is an effective tool for balance and harmony. Students practice Reiki hand positions in class. Class includes book, attunement and certificate.

Saturday, March 3, 2012, 10 am—5 pm, Fee \$175 (deposit \$75)

REIKI TWO Class (Using Reiki on Others and Enhanced Self-Treatment). Teaches Reiki for treating self and others; distance Healing, sacred symbols, Japanese Reiki techniques of meditation, development of intuition, clearing the energy field through dry bathing, etc/. Students receive materials and attunement, then practice giving and receiving a Reiki treatment in class. Includes class materials, attunement and certificate.

Saturday, March 10, 2012, 10 am—5 pm, Fee \$175 (deposit \$75)

ADVANCED REIKI TRAINING/ART or USUI REIKI THREE

Advanced Reiki/ART uses energetic breath-work and crystals. Training includes the Usui Master attunement to increase Reiki energy and incorporates Reiki meditation, problem-solving, and goal achievement techniques. Construct and use a crystal Reiki grid to send continuous energy. Learn aura cleansing to remove negative psychic energy from others and self. Guided meditations, meet your Reiki guides. Pre-requisite to Reiki Master—recommended completion of 100 Reiki treatments on self/others.

Sunday, Feb. 26, 10 am—5 pm. Fee \$200 (deposit \$100)

USUI REIKI MASTER TRAINING

Learn International Center for Reiki Training (ICRT) Reiki training information. Reiki Master training trains the trainer to teach Reiki to others, perform attunements, lead International Center for Reiki Training meditations and classes, overviews insurance and ethical considerations, and offers ongoing support for questions and feedback. (Pre-requisites are Usui Reiki One, Two, and Three.) This master level class may be scheduled individually.

Contact Betty Pound. Fee \$500 (deposit \$100)