



REIKI



Master Teacher
Paula Schank, BS, LMT
www.EchoOfLife.com

ART (Advanced Reiki Training. This is not Master Training.)

Onondaga School of Therapeutic Massage
at Village Gate
302 N. Goodman St., Rochester, NY 14607
Saturday, March 6, 2010
9:00am – 5:00pm

Tuition: \$100
(Currently enrolled OSTM students: \$50)

This Level III training enriches Reiki experience by introducing tools and techniques that enhance our practice. It is a day long class. You will explore the possibilities of expanding the Reiki gift personally. We will also strengthen the skills used in offering Reiki treatment to others. The class covers:

- Usui Master Symbol
- Reiki Meditation
- Reiki Moving Meditation
- Use of crystals to send distant Reiki
- Creating a crystal “grid” to send continuous healing
- Reiki Aura Clearing

Reiki I and II are required for registration.

- You will need 8 crystals for your “grid.”
- 6 single pointed clear quartz
- 1 longer “master” quartz
- 1 “central” crystal, single or double terminated, a cluster or pyramid

Paula Schank, LMT holds a Bachelor of Science in Holistic Bodywork. She studied Shiatsu at the Ohashi Institute in Manhattan, the Shiatsu Centre in Toronto and the Iokai Center in Tokyo. Paula is a licensed massage therapist (#008825), alumni of the New York Institute of Massage (NYIM) in Buffalo, New York. Training in CranioSacral Therapy and yoga instruction enhance Paula’s work. She is a member of the AOBTA (American Organization of Bodywork and Therapies of Asia,) certified practitioner #2354. Her practice is in Rochester, NY where she is currently an instructor at the Onondaga School of Therapeutic Massage (OSTM.)