



# REIKI



Master Teacher  
Paula Schank, BS, LMT  
[www.EchoOfLife.com](http://www.EchoOfLife.com)

## Level One Class

Onondaga School of Therapeutic Massage  
at Village Gate  
302 N. Goodman St., Rochester, NY 14607  
Saturday, September 18, 2010  
9:00am – 5:00pm

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

This level one training is a complete 8-hour class which provides you with all the essential tools and knowledge needed to enjoy the practice of Reiki:

- ☉ A Level One attunement which allows you to channel Reiki energy to heal self and others.
- ☉ Comprehensive information about the history and origin of Reiki
- ☉ Basic information on the human energy field and the chakra system
- ☉ Training in the elements of Reiki treatment for self and others
- ☉ Hands-on instruction and practice devoted to giving and receiving a complete Reiki Level One session
- ☉ A detailed training manual for future reference
- ☉ Reiki Level One Practitioner Certification

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.)