

Reiki 1 Attunement and Foundation

Course Details

Class Date and Time: This is a one-day course.

1. **Saturday 06/06/26**

All Classes are 10:00 AM-5:00 PM with an hour lunch.

Instructors: Lane Valentine, LMT, and Liz Wilson. Both are Reiki Masters

Cost: \$350

Location: Washington Spa Academy, 15921 NE 8th St., Unit 106, Bellevue, WA 98008, in the main classrooms, furthest away from 8th St.

Cancellation Policy: Full refund before 05/23/26. Half refund from 05/24/26-05/30/26. No refund after that.

Total Number of CEs: 6 in-person CEs. Please verify if your profession accepts energy work as CE.

A Reiki 2 Attunement and Foundation Course takes place next month on 07/11-12. If you purchase the Reiki 1 and Reiki 2 Foundation Bundle, which registers you for both classes, you get a \$50 discount per class (total of \$100 off)!

If you have already received Reiki 1 and/or 2 attunements, you can still register for this course, but you will be asked to complete the course with everyone else and can skip the attunement process if you wish. Receiving an attunement again is normal within the Reiki, even for Reiki Masters (Reiki 3 attunement). Sometimes, after additional attunement, a Reiki practitioner has elements that “click” in ways that didn’t the first time around.

Course Overview

This course includes an ~40-page handout to help you remember and reference course content throughout your Reiki journey. Course content includes:

- Understanding energy
- Origins and history of Reiki, plus how Reiki works
- Energy anatomy: chakras, spiritual vs. physical body
- Energetic hygiene, centering, and grounding
- How to protect yourself and others
- Reiki 1 Attunement and Practice

Reiki 1 Attunement Scope of Practice: Reiki and energy healing for self and pets. Ideal for stress relief, emotional balance, and cultivating intuitive awareness.

How to Register

1. **Go to valentinehealthandwellness.com and select “Book an Appointment”.**

2. Enter your information as either a new or returning client.
3. Select your specific class registration: "Reiki 1 Attunement Registration" or "Reiki 1 and 2 Registration Bundle" are the options for this course.
4. Go to June 6th, 2026, and pick any available time slot. If no time slots are available, the course is full. If the course is currently full, you can join the waitlist. You will be notified if a spot becomes available.
5. After your registration is approved, you will be charged the full cost of the course. Please note that CE courses now have a required tax rate.

If you have any questions or concerns, please reach out to Lane Valentine at (360) 470-8644 or lane@valentinehealthandwellness.com

Reiki 2 Attunement and Foundation

Course Details

Class Date and Time: This is a two-day weekend course.

1. **Saturday 07/11/26 (lecture day with attunement)**
2. **Sunday 07/12/26 (dedicated "hands-on" and practice day)**

All Classes are 10:00 AM-5:00 PM with an hour lunch.

Prerequisites: You **MUST** be Reiki 1 attuned to register for this course. If you did not complete your Reiki 1 attunement through our program, you will be asked to verify your Reiki 1 attunement before your registration is approved.

Instructors: Lane Valentine, LMT, and Liz Wilson. Both are Reiki Masters

Cost: \$650.

Location: Washington Spa Academy, 15921 NE 8th St., Unit 106, Bellevue, WA 98008, in the main classrooms, furthest away from 8th St.

Cancellation Policy: Full refund before 06/27/26. Half refund from 06/28/26-07/04/26. No refund after that.

Total Number of CEs: 12 CEs, all 12 in-person, but only 6 hands-on. Please verify if your profession accepts energy work as CE.

A Reiki 1 Attunement and Foundation Course takes place before this course on 06/06. If you purchase the Reiki 1 and Reiki 2 Foundation Bundle, which registers you for both classes, you get a \$50 discount per class (total of \$100 off)! If you wish to register for the "Reiki 1 and 2 Registration Bundle", please refer to the registration information for the "Reiki 1 Attunement and Foundation" course.

If you have already received Reiki 1 and/or 2 attunements, you can still register for this course, but you will be asked to complete the course with everyone else and can skip the attunement process if you wish. Receiving an attunement again is normal within the Reiki, even for Reiki Masters (Reiki 3 attunement). Sometimes, after additional

attunement, a Reiki practitioner has elements that “click” in ways that didn’t the first time around.

Upon completion of this Reiki 2 course, you gain lifetime access to free Reiki Shares and educational opportunities hosted by Valentine Health and Wellness, which take place ~4-8 times annually. While rare, these benefits will be revoked if serious misconduct occurs.

Course Overview

This course includes an ~20-page handout to help you remember and reference course content throughout your Reiki journey. Course content includes:

- Introduction to Spirit Guides
- Energy anatomy: Auric Body System/auras
- Reiki 2 Attunement
- Using Reiki Symbols and Sacred Geometry to deepen and focus energy

Reiki 2 Attunement Scope of Practice: Reiki and energy healing for others. Ideal for integrated holistic treatment and assessment. With this, you can perform Reiki professionally (in-person and remotely).

How to Register

1. **Go to valentinehealthandwellness.com and select “Book an Appointment”.**
2. **Enter your information as either a new or returning client.**
3. **Select your specific class registration: “Reiki 2 Attunement Registration” is available for this course.**
4. **Go to July 11th, 2026, and pick any available time slot. If no time slots are available, the course is full. If the course is currently full, you can join the waitlist. You will be notified if a spot becomes available.**
5. **After your registration is approved, you will be charged the full cost of the course. Please note that CE courses now have a required tax rate.**

If you have any questions or concerns, please reach out to Lane Valentine at (360) 470-8644 or lane@valentinehealthandwellness.com