

# Reiki Training 2026 with Reiki Master Carrie Chilcott

Reiki is a spiritual healing art with its roots in Japanese origin. The word Reiki comes from the Japanese word (Rei) which means “Universal Life” and (Ki) which means “Energy”.

This is a two-part workshop:  
Reiki 1 held in May 2026  
Reiki 2 held in September 2026

## Reiki 1

- Meditation on centering, breathing and meeting your Reiki guides.
- Information on what Reiki is and a brief history of Reiki.
- The principals of Reiki and the basic hand placement.
- How to practice a Reiki table and chair session and other techniques.
- Code of ethics.
- Information of the energy bodies the Aura and the chakras. attuned to the Reiki energy force.
- Practice a session on other and selves.
- Certification for Reiki 1 manual provided.

## REIKI 1

SATURDAY, MAY 23, 2026  
9:00 AM TO 4:00 PM EST AT MARGARET BAHEN HOSPICE  
MULTIPURPOSE ROOM  
FEE: \$150

Please note that limited space is available for this training. A minimum number of registrations is required for the program to run. PalCare reserves the right to cancel the session if minimum registration is not met.

## REIKI 2

SATURDAY, SEPTEMBER 12, 2026  
9:00 AM TO 4:00 PM EST AT MARGARET BAHEN HOSPICE  
MULTIPURPOSE ROOM  
FEE: \$175

*Participants must have their Reiki 1 to register for Reiki 2.*

Register at

<https://www.mypalcare.org/workshop>

