

# 太極

# Taiji Principles to Support Reiki Practitioners

# 靈氣

With Alec Jones Taiji Teacher and Kate Jones Reiki Master

10.00am to 1.00pm Saturday 6<sup>th</sup> March 2010  
Cotteridge, Birmingham

### A workshop to explore how Taiji principles can help Reiki practitioners in giving treatments.

Do you sometimes find it difficult to hold your hands still for the length of time needed in each position when giving Reiki treatments? You may find that sometimes it is your arms that ache, sometimes it is your back.

If so you are not alone! This workshop is aimed at helping you with this difficulty. Whether you give treatments sitting or standing, how you hold your body makes a difference to your comfort in giving Reiki.

Taiji offers a way of living more comfortably in your body and we will be exploring, through a series of exercises and movements, how using Taiji principles can enable us to find a more comfortable way of being in our Reiki treatments. There will be Taiji (Tai Chi) and Qi Gong (Chi Kung) exercises to show you how the flow of your internal energy can support your body in stillness, rather than using muscular effort to hold your hands still. We will be doing some exercises in pairs and some individually.

### What a previous participant thought:

*"I feel that Kate and Alec were perfect as teachers, being informative and helpful and proving that the principles of Tai Chi certainly can help with our Reiki practice, but also in all areas of our lives.*

*I felt that this workshop made a difference to me; I had grown some*

The day will also teach you exercises that you can practice after the workshop, to assist you in your treatments - and daily life. We will also be putting the theory into practice through sharing Reiki treatments. Please wear loose comfortable clothing that will allow you to move freely. You can work in bare feet or soft shoes/trainers.

**Alec Jones** has been teaching Taiji for over 25 years. He is also a Reiki master, so understands the needs of the Reiki practitioner.

**Kate Jones** has been teaching Reiki since 1991 and still gives treatments regularly. She has also practiced Tai Chi since 1986.

**Places are limited, so please book now by sending a cheque with the booking form.**

**Cost £30/£20**  
(cheques made payable to Kate Jones).



*more by the end of the day and I am using the knowledge gained on a daily basis.*

*Alec made it enjoyable, by being clear and informative, but friendly and humourous, and Kate, as always, was supportive, and her obvious joy of Reiki is infectious."*

This workshop is open to anyone initiated into Reiki as long as that initiation occurred in the physical presence of the Reiki Master.  
Any queries phone Kate or Alec on 01584 890 284

### BOOKING FORM

Return to: Kate Jones Reiki Master, Cornbrook Bridge House, Clee Hill, Ludlow, SY8 3QQ

Name(s): .....

Address: .....

Tel: .....

E-mail: .....

I would like to book a place on 'Taiji Principles to Support Reiki Practitioners'

I enclose a cheque for .....

I will/will not be bringing a Reiki treatment couch (please bring one if you can)

I was initiated into Reiki by.....date.....

I do/do not need directions