

## **CLASS DESCRIPTIONS**

### **Holy Fire III Usui Reiki 1**

### **Holy Fire III Usui Reiki 2**

### **Business Management Series - In Person & Virtual**

### **Advanced Ashiatsu**

### **Lymphatic Massage 1**

### **Introduction to Ayurveda - In Person & Virtual**

#### **Holy Fire III Usui Reiki 1**

Delve into Universal Life Force Energy! Experience how to use Reiki to heal others, yourself, and for manifestation. Experience the incredible healing power of the Holy Fire 3 Upgrades. Delve into Universal Life Force Energy!

#### **Holy Fire III Usui Reiki 2**

Continue your Reiki adventure with specialized tools and symbols for the next level of Reiki training utilizing the Reiki 1 & 2 manual. Class includes meditations & placements, discussion, lecture, and hands-on exchanges.

#### **Business Management Series - In Person & Virtual**

Thinking about starting a business? Maybe you've had a side gig for a while and want to make it more legit. This 4 hour informational workshop will give you the tools and confidence to take the next step in your entrepreneurial journey.

This weekly series offers insight to all aspects of business. Each class is designed to dive deep into topics surrounding small business owners. From start up, to marketing, dreaded taxes, plus much more! Available in person or via Zoom at the same time...so join from wherever you may be!

#### **Advanced Ashiatsu**

Advanced covers two-footed advanced and sports-specific moves for the posterior and the anterior routine including Psoas, Subscapularis, Pectoralis Minor, Epicondylitis, etc....for insertion into the Ashiatsu Bar Basic massage routine.

#### **Lymphatic Massage 1**

The lymphatic system is such a dynamic system and yet so neglected. It overlaps with the Gut & the Brain, it is our first line of defense against foreign invaders and even keeps us alive in life-threatening events.

#### **Introduction to Ayurveda - In Person & Virtual**

This continuing education workshop is designed to help you discover the origin & history behind the ancient wisdom of Ayurveda. Plus, we will dive deep into your own unique Ayurvedic type & current imbalances. Learn how to choose a diet and lifestyle that aligns with your unique constitution & how to optimize your energy and digestion by cultivating a daily routine in alignment with your particular circadian rhythm. This is a prerequisite for all other Ayurvedic Courses at Empowered Healing Institute.