



44330 Mercure Circle, Suite 240a, Dulles, VA 20166, MediumAnnieLarson.com, 844-585-8885

Hello Reiki Students!

I'm looking forward to having you in class! Be sure to refrain from alcohol and any drugs other than doctor prescribed. Try to eat cleanly and get lots of rest before your class. All CDC Covid-19 guidelines will be followed.

*******PLEASE avoid wearing any scents including lotions, oils, perfume, etc. I am highly allergic to scents!!!*******

Our building has a deli that is usually open until 3p. Bring water, snacks, lunch and whatever else will help you throughout the day. There is a fridge to put any snacks or lunch. We will have some breaks to stay fresh. Wear comfortable clothes and shoes that slip off easily.

Traffic on Route 606 (Old Ox Road) can be tricky so leave extra time for unexpected delays. Please be there 10 minutes ahead of class to settle in, as we will start promptly.

I will use the name you used to sign up for class on the certificate. Any changes must be given right away so I can have your certificate printed properly.

For Reiki Level I there is no prep other than what I listed above. If you have **not** gone through Reiki I and II with me, be sure to review your Reiki materials as I will be asking questions to make sure you have a great understanding of Reiki and best practices for certification.

My address is 44330 Mercure Circle, Suite 240a, Dulles, VA. The building is ON THE CORNER of Old Ox Road (Route 606) and Mercure Circle. Turn right immediately after you turn onto Mercure Circle and follow the parking lot around to park in front of Entrance #3. Take the stairs or elevator to the 2nd floor and turn left. (For restrooms, turn right at the top of the stairs.) Please wait in Suite 240's waiting area and I'll come out to greet you.

I'm looking forward to seeing you all!

With loving Kindness

Annie Larson, E-RYT® 200, RYT® 500, YACEP®, Medium, and Reiki Master Teacher