



**6 Pidgeon Hill Drive, Sterling, VA 20165, [MediumAnnieLarson.com](http://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 get lots of rest before your class. Any current CDC Covid-19 guidelines will be followed for in-person classes.

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

Bring water, snacks, lunch and whatever else will help you throughout the day. There are many restaurants nearby my building, but we won't have long enough breaks to go out once we get started. We will have brief breaks to stay fresh. Wear comfortable clothes. You might be more comfortable wearing shoes that slip off easily.

Traffic on Route 7 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 did not certify in Reiki I and II with me, be sure to review your Reiki materials as I will be asking questions to make sure you have expert understanding of Reiki and best practices for certification. (Certification is not guaranteed.)

My address is 6 Pidgeon Hill Drive, Sterling, Virginia (the area is commonly referred to as "Countryside"). My office and how to get there will be shared only with those students that have signed up. It will be in your confirmation email. I do not take walk-in clients or allow last minute students under any circumstances.

I'm looking forward to seeing you all!

Namaskar,

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