



46191 Westlake Drive, Sterling, VA 20165, [MediumAnnieLarson.com](http://MediumAnnieLarson.com), 844-585-8885

Hello Reiki Students!

I'm looking forward to having you in class! Please refrain from alcohol and other types of recreational substances. You want to be a clear vessel to receive an attunement. 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 is a fridge to put food that needs to stay cold. There are some restaurants in shopping centers near 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 5 minutes ahead of class to settle in, as we will start promptly. Take the stairs or the elevator to the 2<sup>nd</sup> floor and wait in the large seating area. I will come out to get you and take you to where I will be holding class.

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

For Reiki Level I there is no prep other than what I listed above. For Reiki II, if you did not certify in Reiki I with me, be sure to review your Reiki materials as I will be asking questions to make sure you understand Reiki I and best practices for certification. The same is for Reiki III/Master, review your Reiki I and II materials as certification is not guaranteed.

I do not take walk-in clients or allow last-minute students under any circumstances. Class sizes are kept small for the best experience.

I'm looking forward to seeing you all!

Namaskar,

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