



Institute of Natural Medicine

2 Days - 7 Hours

Reiki Level One Training in Kathmandu, Nepal



Reiki Level One Training in Kathmandu, Nepal (2 Days - 7 Hours)

Awaken Your Healing Potential with Reiki Level One

Reiki Level One is more than a course—it is a journey to reconnect with your inner energy and natural healing abilities. At the **Institute of Natural Medicine in Thamel, Kathmandu**, this beginner-friendly training introduces you to the ancient art of Reiki, allowing you to understand, feel, and channel universal life-force energy. Whether you are a local resident, an international



traveler, or a wellness enthusiast, this **Reiki Level 1 training in Kathmandu** provides a profound experience of self-discovery and energetic balance.

This program combines the **essence of traditional Japanese Reiki** with the spiritual energy of Nepal, creating a unique environment for holistic healing and personal growth.

What You Will Learn in Reiki Level One

During this two-day, seven-hour **Reiki Level 1 course**, you will learn how to:

- Understand the flow of universal energy (Chi/Prana)
- Explore aura and chakra basics for self-healing
- Perform full-body self-treatment using proper hand positions
- Ground, cleanse, and protect your energy field
- Experience a Reiki Level One attunement from a certified Reiki Master
- Integrate Reiki into your daily life for lasting wellness

The training emphasizes hands-on practice, personal experience, and energy awareness, ensuring that even beginners leave feeling confident in their ability to self-heal and care for others.

Why Learn Reiki Level One in Kathmandu

Kathmandu is a hub for spiritual seekers, yoga practitioners, and holistic wellness enthusiasts. Learning Reiki here allows you to:

- Connect with the natural spiritual energy of Nepal
- Receive authentic Reiki guidance in a serene environment in Thamel
- Combine learning with cultural and personal enrichment
- Benefit from a community of like-minded students seeking Reiki in Nepal

The location and environment support deep relaxation, introspection, and energy alignment, making your Reiki Level One experience both educational and transformative.

Who Can Join

This **Reiki Level One training** is suitable for:

- Complete beginners interested in energy healing
- Yoga and meditation practitioners exploring energetic practices
- Travelers seeking meaningful wellness experiences in Nepal
- Anyone dealing with stress, anxiety, or emotional imbalance
- Individuals wishing to strengthen intuition, inner peace, and self-awareness

No prior experience is needed—just a willingness to learn and an open heart.



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Benefits of Reiki Level One

Completing this Reiki Level One course offers physical, mental, and spiritual benefits, including:

- Emotional clarity and reduced stress
- Improved mental focus and inner calm
- Better sleep and enhanced relaxation
- Balanced energy flow through chakras and aura
- Heightened intuition and self-awareness
- A strong foundation for further Reiki levels and other healing modalities
- Support for integrating Reiki with practices like [sound healing](#), [crystal healing](#), and [yoga](#)

Many students report an immediate sense of lightness and peace, while long-term practice enhances overall wellbeing.

Course Duration & Fees

Duration: 2 Days – Total 7 Hours

Price: USD 150

Why Choose Institute of Natural Medicine in Thamel

The Institute of Natural Medicine is one of the most trusted wellness centers in Kathmandu, offering authentic Reiki training guided by experienced Reiki Masters. Our key features include:

- Personalized guidance in a supportive environment
- Hands-on training and real-world application
- Peaceful rooms in the heart of Thamel
- Integration with other holistic therapies like [yoga and meditation](#), [sound healing](#), and [crystal healing](#)
- Affordable, high-quality, beginner-friendly Reiki training

Our approach ensures you not only learn Reiki techniques but also experience their healing power directly.

Begin Your Reiki Journey Today

If you have ever felt the call to explore energy healing, enhance inner awareness, or cultivate spiritual growth, Reiki Level One is the perfect starting point. At the Institute of Natural Medicine in Thamel, Kathmandu, you will learn practical self-healing techniques, experience emotional balance, and awaken your natural energetic potential.

Book your Reiki Level One training today and take the first step toward lifelong healing, clarity, and holistic wellbeing.



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Price:

Course only US\$ 150

Couse with private room and private bathroom US\$ 210

Course with private room and sharing bathroom US\$ 195

[Book Now](#)