

REIKI

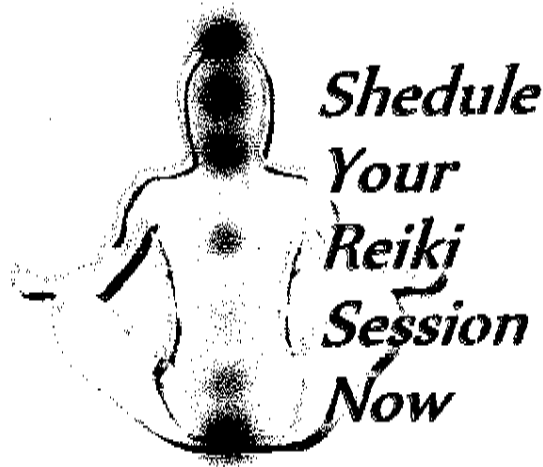
When: Last Friday of the Month

Time: 9:00 am- 12:00 pm (Sign up in 20 min Intervals)

Cost: \$5.00

*You must sign up the Friday before.

Please Sign Up with Tara in the Office



What it is: Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive.