



Reiki

for Self-Healing

In today's tough times, it's often hard to feel our best and perform at our best. We may have family stresses, health concerns, financial pressures—or all of the above. Fortunately, there is Reiki, a century old healing system that is proving highly effective in dealing with the challenges of 21st century life.

Reiki is a healing approach that helps us stay in balance in mind, body, and spirit. Reiki is completely safe and painless. Reiki complements any medical treatments you may need or any self-improvement practices you may use, such as exercise, diet, or meditation.

There are many wonderful Reiki practitioners who offer Reiki healing treatments. Ongoing scientific research validates the effectiveness of Reiki in reducing pain, speeding post-surgical healing, lowering blood pressure, and minimizing depression. Reiki is used by tens of thousands of people across the globe to promote focus, creativity, and overall well-being.

The best news about Reiki is that you don't need to rely on a Reiki professional to experience its benefits. You can learn to use Reiki on—and for—yourself. Reiki self-treatments are a powerful and economical way to feel physically strong, emotionally balanced, and professionally effective.

During this one-day Reiki workshop you will learn:

- ✓ The authentic history of Reiki
- ✓ The 5 elements of the original system of Reiki
- ✓ The Reiki precepts (guiding philosophy and principles)
- ✓ Reiki meditation techniques to reduce stress, foster creativity, and promote overall wellness
- ✓ How to use Reiki hands-on healing methods for yourself
- ✓ How to provide a Reiki healing treatment to others (family and friends)

At the end of the workshop you will receive an official certification in Level 1 Reiki.

Fee: \$149.00

About the workshop leader:

Kathy Jordan, PhD is a life coach, author, and Reiki master teacher. Kathy has completed advanced training internationally with Frans Stiene, who is acclaimed for his research uncovering the traditional practices of Japanese Reiki—which are rarely taught in the United States.

In my life, Reiki has helped me be a better person, friend, mother, and professional. I welcome the opportunity to share all the benefits of Reiki with you. –Kathy Jordan

Schedule:

April 16 Boulder, Colorado 9:00 AM-5:00 PM Call 617-947-2926 for more details