

Reiki 1 Workshop



REIKI means universal life force energy & is a system of natural healing that accesses & transmits this energy.

Reiki level 1 teaches you how to tune into energy fields, work with chakras & meditate on a higher level & use these energies to heal yourself & others.

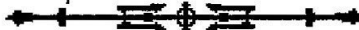
Reiki is a profound discipline that will start you on a new life time path.

Date: Saturday, Oct 16th 9:30-5:00 &
Sunday, Oct 17th 11:00-6:00

Location: "Heart Centered Meditation Room"

First Congregational Church
30 Main Street

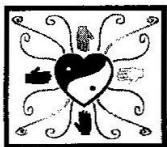
Fee: \$150 plus book \$20



Reiki Master Teacher

Audrey Aitken

Audrey is an ordained minister & Karuna Reiki Master 3rd degree. She has worked with many different healers over the years. Her Reiki master was from the original line of Usui Masters from Mrs. Takata & was a 4th Degree Reiki Master in the Usui & Tibetan traditions. Audrey also worked with world-renowned William Rand.



To register call Renée @ 607-656-5194 or Audrey @ 607-336-3974

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To learn more go to www.heart-centered-living.org