

LEARN ABOUT AND EXPERIENCE REIKI

In an All Are Welcome Reiki Circle



Please join us to experience the healing energies of Reiki at Reiki Circles I will be holding at Spirits Child on the third Friday of each from 5:30 to 7:00 pm.

Reiki is an ancient Japanese method of hands on energy transfer and healing that promotes stress reduction and relaxation, the fundamentals of healing and well being. Reiki comes from a combination of Japanese words, **Rei** meaning universal, and **Ki** for life force. Other names for this energy are Chi in Chinese, Prana in Sanskrit/Yoga practice, and Mana in Hawaiian.

Those who come to receive Reiki will participate in a meditation and then receive energy in a hands-on seated Reiki session. Sessions will last about 20 minutes, and we will conduct rounds until all who wish to receive have done so. We ask for a \$5 donation to cover meeting room expenses. There is no need to register in advance.

Reiki practitioners of any level are invited to come to share energy and to receive as well. Please contact Judy Ferrig, M.S., Reiki Master at (520) 245-4214 judyferrig@comcast.net. We hope to see you each month.

Spirits Child is on the SE corner of River and Orange Grove, just around the corner from Sunflower Market.