



REIKI MEDITATION

MAY 11TH @ Mahwah Senior Center/12:30 pm

REIKI is a holistic modality which creates a universal life force energy that aids in the healing of people & their pets for the mind, body and soul. Reiki helps with anxiety, depression, helps lower blood pressure, relieves sinus & allergy problems, relieves aches, pains & headaches, and is used in a combination practice with modern medicine such as Hospital Settings and Wellness Centers. Reiki is never used in lieu of medical practice, but, is a complimentary addition to the medical world. During my presentation, I will be explaining what Reiki is and then I will take you on a guided meditation. Near the very end of this meditation, I will then perform chair Reiki on some clients who desire to do so.

Namaste, Carol Marker, Reiki Master