

Reiki I Class

Saturday, April 9, 2016

9 am – 5 pm

at The Ommani Center for Integrative Medicine

1166 Quail Court #210, Pewaukee WI

Reiki (pronounced "ray-key") is a hands-on energy healing technique for stress-reduction and relaxation. It promotes the body's self-healing ability and provides a sense of peace and well-being in mind, body and spirit.

At the end of this one-day class, you will have the ability to perform Reiki healing for yourself and others.

You will learn about the history of Reiki, how it works, current research, and gain a basic understanding of the chakras and how they correspond to your health.

You will receive an attunement that allows Reiki energy to flow through you freely, and have opportunity to practice a self-treatment and a full Reiki session on a partner in class.

For more information and testimonials, please see PureEnergyYoga.com

Cost: \$160. Call or email Shelley with questions or to register.



Shelley Carpenter, PT, RYT, Reiki Master/Teacher

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