



Reiki 1 Class & Attunement with Judy Johnson-Grigg

Sunday, Oct.3 10:30 – 3:00 pm

\$200 Preregistration Required (Includes Book, Materials & Certificate)

The benefits of using Reiki on yourself and others are immeasurable. In this class, you will receive an attunement to Reiki 1 which will allow you to practice the ancient Reiki healing techniques on yourself and others – even animals, plants and objects. You will become familiar with the body's energy systems and how Reiki can improve your life physically, mentally, emotionally and spiritually. We will also touch on our chakra system, using crystals and a pendulum. There will be time to practice on each other.

Feel free to bring food with you and I will have a snack as well.

Call the Center to Register at 508-359-7400 or go online at holisticwellnesscenter.org

