

Experience Reiki & Support the Sanctuary Fund

Looking to relax deeply?

Need a good night's sleep?

Immune system need a boost?

Want to feel grounded and focused in your mind, body, and spirit?

Give Reiki a try!



Reiki (pronounced ray-key) is a Japanese healing art used to balance the flow of universal life (Rei) energy (Ki) through the body. Reiki promotes the body's natural relaxation response reducing stress and promoting health. While receiving Reiki, you relax fully clothed on body work table or in a chair. Reiki practitioners use gentle, noninvasive touch to calm your nervous system.

Organized by new member and Reiki Master Teacher Ginny Hamilton, Reiki practitioners are volunteering their time to raise funds for the USNF Sanctuary Fund. Practitioners will offer 30 minute sessions for a suggested donation of \$30.

Wednesday, September 26, 2018

6:30 – 8:00 at the USNF Parlor Room (sessions are at 6:30 and 7:15)

Book your 30 minute session at the address below.

Suggested donation is \$30

Pre-reserved appointments are set for 6:30 and 7:15 for 45 minutes to include time for paperwork and a brief orientation in addition to a 30 minute Reiki session. The Sanctuary Team will thank you, as will your body, mind, and spirit.

Sign up link www.SignUpGenius.com/go/70A0D4EADAC2CAAFD0-reiki

Shortened sign up link: <https://goo.gl/Eq8Yx3>