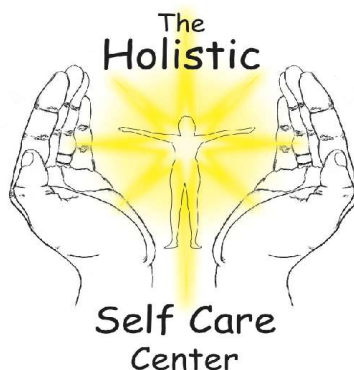


You are invited to an educational workshop

Reiki I



Date: Monday, September 24th
Time: 9:00 am - 5:00 pm
Cost: \$150.00
Where: The Holistic Self Care Center
12 Murphy Drive, Nashua NH
www.thehsccenter.com
Telephone: 603.883.1490
Taught by: Sue Nordemo, RN, Reiki Master Teacher

The Reiki process is a simple method of hands-on healing as developed by Dr. Mikao Usui, a Christian minister of Kyoto, Japan. Under proper procedure, energy flows through the arms and hands of the healer and into the cells of the person being treated, where the energy is used to normalize body functions. By the end of the workshop you will be able to:

- Scan the body of the person receiving treatment and perceive areas of reduced vitality flow.
- Channel Reiki energy into yourself or others, and sense the energy as it flows through your hands.
- Appreciate how attitudes can create dis-ease in the mind and emotions, and how the physical body might be affected.

Reiki is an ancient Japanese method of hands-on healing. The practitioner is attuned to facilitate the flow of energy into the cells of the person being treated,

where the energy is used to normalize body functions. A Reiki I Certificate is awarded at completion of the class. Nurses will receive 7.0 contact hours of continuing education credit for completing this class.

Please call The Center to register as soon as possible. This is a special event and seating is limited.