

Join me for this 4-week program or pick any individual session.

When: Fridays: March 5th,12th, 19th 26th

Time: 3:30-4:30 (MT) (5:30 ET)

Place: Wherever you are - via ZOOM

Mindfulness & Reiki

* Week 1: Overview of Chakra system: special focus on third chakra
* Week 2: Find grounding. Connect to universal energy (Root and crown)
* Week 3: Tap into Joy. Awareness to intuition and imagination (Sacral and Third eye)
* Week 4: Balance for authenticity in expression, communication and connection. (Focus on Heart and Throat)

***New - Happy hour for your spirit series:***

***Balancing your Chakras***

***Commit to self-care! Relax, Reboot, Rejuvenate***

*Class created and facilitated by*

*Marianne Stenhouse; Reiki Master, MSW, LMT*

*TO REGISTER*

* Energy Exchange (Payment) - $50.00 (4-week program), $15- individual session.
* Please visit this link for information and registration for this program and other self-care sessions, Reiki classes, workshops and treatment sessions. [class information and registration](https://balanceinfocus.com/services/workshops/)

*Please feel free to call if you would like more information regarding this class or about Reiki!*