

New Workshop!

Introduction to the healing energy of Reiki



Join me for this relaxing, educational and healing one hour class.

We will cover the following:

- The definition and benefits of Reiki.
- How to notice and tap into Reiki energy
- An introduction to the three levels of Reiki training.
- A guided self-healing session to give you a sample of how Reiki works.

When: Choose either

Wed. Oct. 20th @12:00 Noon (a relaxing lunch break)

Or

Sunday Oct 24th @ 7:00PM (for a great way to end your weekend)

Where: Wherever you are - via ZOOM link will be emailed shortly after registration.

*Class created and facilitated by
Marianne Stenhouse; Reiki
Master, MSW, LMT*

TO REGISTER

- Energy Exchange (Payment) - \$15.00
- 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](#)

For more information please contact me:

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