



Mindful Turtle Yoga & Wellness

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REIKI CIRCLE WITH KARIN



Reiki is an ancient technique that reduces stress, promotes relaxation and enhances self-healing. It is derived from two Japanese words: "rei" meaning Universal Spirit, and "ki" meaning life force energy. A major benefit of Reiki is that it treats the body, mind, emotions and spirit as a whole, thus creating many beneficial effects, including relaxation and rejuvenation, as well as feelings of peace and well-being.

Reiki practitioners and non-practitioners are invited to join other like-minded people on this healing journey. A 30-minute guided meditation will be followed with individual Reiki treatments at the end of the Meditation.

This special Reiki Circle event will be offered by Karin, a Reiki Master and fourth generation Psychic, as well as an award winning Master of Humanities. She has been interviewed by News 12, A & E and the WE networks, and featured in articles by Newsday, Ins & Outs Magazine and other local papers.

Sunday, March 21st at 10:00am
\$15 per person