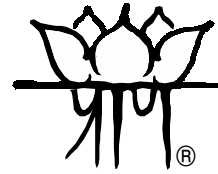


Moebius Yoga® & Ayurveda

[yoga@moebiusyoga.com](mailto:yoga@moebiusyoga.com)

[www.moebiusyoga.com](http://www.moebiusyoga.com)



Saturday, October 20, 2018

12:30 PM – 4:30 PM

Reiki I Training

At Inner Balance Pelvic Health & Wellness Center

2299 Woodbury Ave in Newington, NH 03801

Reiki II Training on Saturday, November 10

Reiki (ray - key) is an ancient healing art and plays an important role in our vitality of life. Reiki is internationally acknowledged by the medical world as a complimentary treatment for reducing stress and shortening the recovery time after surgery and illness. A Reiki treatment restores balance and harmony in the body, bringing a sense of wholeness and wellbeing. It works on the physical, mental, emotional, and spiritual level.

You will learn about the history of Reiki, how it works and how it is used. You will be initiated in the traditional Usui-Method of Reiki with four attunements, which reopen the channels and energy centers in your body. You will learn the Reiki hand positions for self-treatment and treating others. Receive an instruction book and a certificate as a traditional Reiki I or Reiki II Practitioner, if you decide to join the Second Degree of Reiki, which provides a "quantum leap" in the vibration level. We'll have future Reiki clinics/practice times.

For registration, please send the tuition of \$150 to the office of MoebiusYoga & Ayurveda, 350 Hemlock Lane, Barrington, NH 03825. A PayPal payment will be established soon!