



REIKI WORKSHOP

with Kelly Neylan

Saturday, March 3, 2012

12:00pm - 5:30pm \$150

Usui Reiki Level I Class –

Reiki restores the balance between the physical, emotional, spiritual and mental levels for all living beings, enabling the body to do what it does best, heal itself.

This class is for everyone.

Have you ever wanted to help yourself or your loved ones feel better? Take your first steps into this eye-opening practice that will show you how to perform Reiki (energy healing) on people and animals.

You will earn your Reiki I certificate.

You will learn the history of Reiki, the hand positions, chakras, Reiki principles, and be attuned to Reiki so you will become a channel for Reiki healing.

What is Reiki?

Reiki is a Japanese energy healing practice that supports you in feeling more connected to life, balancing your body energy fields in order to promote natural healing.

What does Reiki do?

- Promotes natural self-healing
- Balances the energies in the body
- Balances the organs and glands
- Supports the immune system
- Addresses symptoms and causes of illness
- Addresses the causes of pain
- Promotes the clearing of toxins
- Relaxes and reduces stress
- Assists in releasing blocked and suppressed feelings
- Heals holistically

Kelly Neylan is a Usui and Karuna Ki Reiki Master and registered yoga instructor. Her background in both yoga and Reiki lend a unique perspective to work with the chakras and energy balancing.

(Registration Form)

Please fill out this form and return with payment to: The Yoga Center of Columbia, Parkridge Plaza Building, 8950 Route 108, Suite 109, Columbia, MD 21045 or fax with credit card information to 410.772.9591

Name: _____

Address: _____

Telephone # : (Days) _____ (Nights) _____

E- Mail: _____

Please sign me up for the following workshop:

Reiki with Kelly Neylan - Saturday, March 3, 2012 12:00pm - 5:30pm Cost \$150

Payment Type: (✓) Cash Check Visa MasterCard American Express Discover

Acct. No. _____ Exp. Date: _____ Signature: _____