

REIKI I CLASS

USUI SYSTEM of NATURAL HEALING

2-day class: Sat. Jun 8th 10AM—5PM & Sun. Jun. 9th 10AM—4PM

**Anam Cara Wellness Services
311 Maple Ave. West—Suite K—Vienna, VA 22180**

Instructor: Marybeth L. Spain, Reiki Master

**Cost: \$160.00 pd in full by May 25th – \$170.00 pd in full by June 1st
\$185.00 after June 1st. Pay by check, credit card, or PayPal**

**To register, call Marybeth at (703) 298-2692 or e-mail her at
mlsrelax@verizon.net**

Class is limited to 6 participants

**Bring a light lunch or snack with protein; there will be 1 hour for lunch for those
preferring to eat at a restaurant**



**Reiki, Japanese for “Universal Life Energy,” is the union of the body’s vital energy (ki
or chi) and the deep healing energy of Universal Consciousness.**

**Deeply soothing and relaxing for both giver and receiver, Reiki brings healing and
balance on all levels--physical, mental, emotional and spiritual**

During class you’ll learn

**~ the history of Reiki~the Reiki precepts~basic hand positions for self-healing and for
giving Reiki to others~how to balance the chakras**

You’ll receive 4 attunements and practice giving and receiving Reiki.

Practicing Reiki will

- ☯ Strengthen your intuitive abilities**
- ☯ Deepen your feeling of connection with your true self**
- ☯ Enhance your ability to sense and work with energy**
- ☯ Strengthen your mind, body, and emotions against
dis-ease and stress**
- ☯ Foster spiritual growth in yourself and those you treat**

**Marybeth has been practicing Reiki since 1987 and teaching since 1994
More information at www.lotusrosehealing.com**