



Reiki Sharing Events

Reiki is a Japanese technique used for the relaxation and stress reduction and also promotes healing. It is administered by a gentle “laying on of the hands”.

The Reiki Sharings held at West Grove Clinic provide a fun, positive, safe environment for participants to experience Reiki. There is no experience necessary to attend the “Open to all” Reiki Sharing.

All participants will learn how to access the Reiki energy and how to protect their energy field (a valuable life skill). In addition, most participants feel heat and/or soothing vibrations from the Reiki energy.

Please be sure to eat dinner, as this helps the energy to move through you. Also, please leave your jewelry at home, as metal can interfere with the Reiki energy.

Please join Pam Goodwill and Terese Nadboralski for the following Reiki Sharing Events:

September 10 – Upper Level (Reiki 2 & up)

September 17 – Open to All

October 8 – Upper Level

October – Open to All

November 5 – Upper Level

November 19 – Open to All

December 3 – Upper Level

December 17 – Open to All

The cost for each Reiki Sharing is \$15.00.
Bring a friend, new to West Grove Clinic, and receive a \$5 discount.

Please RSVP to:

Pam Goodwill

Usui Reiki Master

Pam.Goodwill@yahoo.com