

Community Reiki Healing Circle

Saturday, January 29th, 1-3pm

Suggested Donation \$10

All levels welcome! Beginners and curious individuals come and join us in experiencing the giving and receiving of Reiki. This is a wonderful opportunity to be introduced to the soul soothing delights of Reiki and fostering community. **In Japanese, Reiki means “universal life force energy.”** Over 80 years ago a Buddhist Monk, Dr. Mikao Usui discovered a therapeutic/spiritual method that allows you to naturally heal yourself and others. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki treats the whole being including body, emotions, mind and spirit creating many beneficial effects and states of wellbeing. Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use.



Irma Sierra has been studying and practicing Reiki Energy Healing since 2002 and also is a graduate from The Four Winds Society, an energy healing program based on the wisdom teachings of the Q'ero Shamans of Peru. She currently offers her services at Raksa and her passion is sharing tools and knowledge that can empower her clients to create healing and positive transformation in their lives.

Call 310.559.3200 to Reserve your Space!

