

Free Workshops

What is Reiki and How Can It Benefit Me?

By Deborah Strafuss, RMT, CDP

Thursday January 26, 6:30-8:00 PM*

At the Framingham Center for Healing, 50 Lexington Street #2

Sunday February 5th, 7:00-8:30 PM

At the Gentle Place Wellness Center, 79 Main Street, Framingham

Reiki is a form of mindfulness and energy work that enhances the body's own healing capabilities. It was developed in Japan in the early 1900's. Deborah will offer those attending an informative, interactive look at Reiki by a Reiki Master and Teacher.

Find out about Reiki and its benefits and uses in today's busy, health challenged life-styles. Learn some simple ways to incorporate Reiki practices into your personal self-care and wellness plan and enjoy a brief Reiki meditation during which Reiki will be available for those wishing to experience it.

To Register:

**Please call Deborah at 508-353-5136 or email
HealingHands@CrystalReikiEnergy.com**



Deborah is Certified as a Reiki Master and Teacher by Libby Barnett, MSW, RMT, Certified in Shinpiden (Level III) Traditional Usui Reiki Ryoho by Frans Stiene of the International House of Reiki, and is a Certified Reiki Outreach Speaker through the Celebration of Reiki, Inc. She is certified in Crystal Healing and Dowsing by Joan Ruggerio, Certified Magnified Healing® Teacher and studied Crystal Gridding with Sharron Britton and Sean Xenja, author of *Advanced Feng Shui Techniques for Your Home or Office*. She is a Certified Dementia Practitioner through the NCCDP.



Creating a Personal Path to Inner Healing Through Reiki

www.CrystalReikiEnergy.com

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