

Dear Friend of The Reiki Center:



YOGA – NO PRETZEL POSES, PLEASE!

Slow Yoga Flow for Every Body. There is NO need to be intimidated by those “hard-bodied” pretzel poses you may see on TV or in magazines! This class will introduce you to a gentle, slow glowing sequence of poses that can be done anytime. Beginners focus on learning breath awareness and easy postures, while emphasizing relaxation techniques and spine flexibility. You will do

YOUR yoga for YOUR body! **Yoga for Beginners:** Wednesdays from 6 – 7 pm. Summer quarter 10 week session starts July 14. **No Pretzel Poses, Please!** – Tuesdays from 10 – 11 am. Summer quarter (10 week session) starts July 13. All 10 week sessions are \$120 (\$12 per class!) **Sign up before July 7 and get the early bird special offering 10% off the 10 week series making it only \$108!** For a full list of yoga classes, please visit our website at www.thereikicenter.net



TUPACO: STARTS THIS TUESDAY!

Tupaco is a practice and a way of thinking, based in movement and visualization which integrates many techniques including core work, stretching, yoga, breath work, dance, movement fundamentals, visualization and meditation. Tupaco is for all body types and ability levels. In Tupaco you will learn to value and

improve your body, clarify your mind, balance, relax and invigorate your whole self. Tupaco will be offered at The Reiki Center as an eight week series on Tuesday evenings from 6:00 - 7:00 pm. The series will take place from **June 29 to August 17**. Price is \$96 per person with a minimum of five people required. That is only **\$12** per class! For more information, go to www.tupaco.com.

WOMEN, HORMONES AND NATURAL ALTERNATIVES: Tuesday, July 6 at **6:30 pm.** Herbs can enhance and support such stages of life from puberty to childbearing to menopause and beyond. Introductory class will touch on PMS, hormone regulation, challenging menstrual cycles, fertility & menopausal symptoms. Fee \$ 25. Please register at 804-0614.

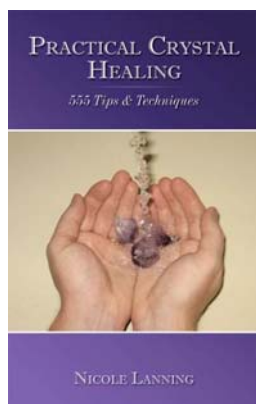
MEET YOUR ANGELS AND SPIRIT GUIDES Brenda Frazier and Tammi Rager will help to bridge the gap through guided meditations, group shared stories, handouts and writing exercises. Learn how to invite your guides into your life for greater spiritual clarity and increased inner peace. Dates: **Saturday, July 24** or **Sunday, July 25** from 1 - 4:30 pm. Please register. Cost: \$95.00

CHI ENERGY HEALS Introducing Sifu (Teacher) Cindy Cicero! The population of the world is over stressed, over worked, and over stimulated by mind's internal unrest & chatter. This neurological stress creates a “heat” or fire that if left unchecked & unmanaged can rage into *an out of control* “wildfire”. Studies have shown that when stress is left unmanaged it creates inflammation in the body which lowers the immune

system and leaves us open for illness and disease. **Chi Energy Heals** offers “Chi Energy Healings and BodyMind Techniques” that will significantly reduce the inflammation and release the energy blockages. When your immune and endocrine system is balanced it maintains a healthy body and steady mind that enjoys the grace, peace and prosperity deserved in life. Sifu Cindy Cicero is offering an introductory workshop on **July 17 from 2:30 - 4pm**. Cost is just \$10 for this introduction. Please call the Center to pre-register. For more information on Cindy, visit her website at www.chienergyheals.com



SHAMANIC JOURNEYING CLASSES The Center is proud to welcome back Crystalla! Shamanism is one of the oldest practices on Earth, practiced by indigenous cultures as a means of connecting to nature and Spirit. This connection may be used for healing purposes, for the creation of healthy relationships, and for balance in all aspects of life, all of which leads to wisdom and respect for all living things. Take a Shamanic Journey with Crystalla, left, in a beginner's class on Sunday, August 22 from 10am - 4:30 pm (\$95.) Or continue your journey in the advanced class on Sunday, August 8 from 10 am – 4:30 pm (\$95.) Registration required.



NICOLE LANNING'S WEEKEND IN COLUMBUS Nicole is a dynamic speaker with an extraordinary story and a tremendous ability to touch people's hearts and souls so they can grow and learn. She has been featured on numerous radio programs across the US and internationally for her work as a healer and author. Nicole recently published 'Practical Crystal Healing' and is coming to The Reiki Center to share her insights with you. **July 22: Book Signing from 6 – 8 pm at The Reiki Center; July 23 Get Energized for Summer 6 – 8 pm at The Hilton Garden Inn; and July 24 All Day Healing Event at The Reiki Center from 9am to 5pm.** Call to make your appointment today!

www.healingartforms.com

REIKI RESEARCH RESULTS! Thanks to all of you who participated in the spring research project conducted by Ohio Wesleyan student Namuun Bat. The results indicated that there was an obvious difference between the treatment and sham/control groups for both blood pressure and body temperature, with both reduced considerably after a Reiki treatment. We look forward to collaborating on future projects such as this to demonstrate the benefits of energy work.



ADVANCED REIKI TRAINING (Reiki II) Pictured are new Advanced Practitioners Top: Terri Vrbancic, Sara Kudela, Tiba Sardi; Seated: Robbin Blough, Tracy Hahn. Next Advanced class is scheduled for for August 14 -15.



ANIMAL REIKI CLASSES: If you are already an energy practitioner, you may enroll for the class on **Sunday, August 1, August 29 OR September 12 from 1 - 5 pm** for \$125. If you are not yet an energy practitioner, select the full Reiki I/Animal Reiki combo classes on **July 31-August 1, August 28-29, or September 11-12** for a fee of \$275. A \$50 deposit will hold your reservation. For information on all Animal Reiki Classes, please go to

http://www.thereikicenter.net/animal_reiki.html.

Pictured are new Reiki I/Animal Reiki Specialists (top) Rachael Fitzpatrick, Michelle Kozel, Nadine Polyakov, and (seated) Monica Hirth and Danielle Hamberg.



Also pictured are Reiki 1 and/or Animal Reiki Specialists (top) Kelli Willie, Jenna Hirsh, Tiba Sardi, and Iti Shelly; and seated Jennie Callentine.

ADVANCED ANIMAL REIKI CLASSES Advanced Animal Reiki builds on those skills learned in Animal Reiki I, focusing on hand placement and life stage applications. Includes in depth, multi-species, small animal hands-on practicum. Emphasis is placed on establishing and working with a strong human-animal intuitive connection, and advanced energy scanning techniques. Comfortable fitness clothing is encouraged. Prerequisite: Animal Reiki I. Cost is \$175. Classes are scheduled for **Saturday, July 31, August 28 or September 11 from Noon-5 pm.**

REIKI SHARES are held on the last Sunday of each month from 6-8 pm. Shares welcome all lineages & practitioners for an opportunity to share in fellowship and some greatly needed TLC. The next share will be held on **Sunday, July 25 at 6:00 pm.**

Some servers do not allow the pictures to come through clearly. We apologize for any inconvenience. If you would like to stop receiving these emails please respond to this email with "Discontinue" in the subject line. Thank you!



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