



Wellness



MY REIKI TOOLBOX

The Practice of a Special Needs Mom

This unique Reiki class is designed for parents and care-givers of special needs children.

Reiki is a Japanese spiritual healing practice that promotes balance and personal growth. It is mainly known as a hands-on-healing technique of stress reduction and relaxation, but it also includes meditation, breathwork and mindfulness. Reiki is a practice that enhances quality of life.

In this basic 4-hour introductory class participants will learn simple healing tools and mindfulness techniques to restore balance and overall well-being within themselves and in their daily life. Participants will also learn how to use those techniques with their children and those around them.

This class is organized in 2 parts of 2 hours each:

1 -Reiki for SELF-CARE - Feb 4 from noon to 2pm

2- Reiki with OTHERS - Feb 11 from noon to 2pm

Facilitated by Veronique Frede, Mom & Reiki Teacher

Location: Child's Pose, 896 Green Bay Rd, #3, Winnetka

Fee: \$80 – minimum 4 students and maxi 6

This class is an initiation to the practice of Reiki. There is no prerequisite.

The class includes lecture, demonstration and practice. It is a non-certification class; however participants who wish to go further will be able to do so by completing the Usui Reiki Ryoho certification program which involves an additional 4-hour training.

For questions, information and registration please contact Veronique via email at moonstonesanctuary@gmail.com and visit her website www.moonstonesanctuary.com

