

# Introduction to Reiki

*Spring 2018  
Session*

February 12  
(6pm-8pm)

Dana's Day Spa  
303 E. Hillcrest, DeKalb

Cost: \$25



Reiki (*pronounced ray-key*) is an ancient Japanese technique used to reduce stress, increase relaxation and promote healing energy. Reiki is a natural therapy, backed by Quantum Physics and many modern studies, that gently balances life energies by triggering the body's natural healing abilities. Reiki is a simple, non-invasive healing treatment that works with the recipient's Higher Self to promote health and well-being of the entire physical, emotional, and psychic body of the recipient. This class will introduce participants to the concept of Reiki and discuss the options for becoming a Reiki practitioner.

Julie Gavin-Freeman, LMT, BCTMB, I-AYT is a highly trained instructor and practitioner with strong clinical abilities and a successful career in massage therapy, educational institutions, and medical facilities. As a Professional Anatomist, Julie has taught in a variety of educational settings for over 15 years covering all topics including but not limited to anatomy, physiology, pathology, ethics, business practices, documentation, medical terminology, and massage application. She has co-authored published research articles, papers and presentations and written curriculums/course work. Julie's educational mission is to focus on scientific material utilizing a combination of information sharing, antidotal teaching and dialectical methods to facilitate critical thinking and efficacy.

**Please contact Melissa Gallagher for more information and to register:**

[mgallagher1@kish.edu](mailto:mgallagher1@kish.edu), 815-825-9466

