



[www.innerspiritualcenter.org](http://www.innerspiritualcenter.org)

333A Route 46 W, Fairfield NJ, # 255

973-575-4100

**PRESENTS**

**REIKI YOGA**

**with Leslie Sommers and Jeanine Stacharczyk**

**Gentle Restorative**

**Open to all Abilities**

**November 1, 8, 15 2018- 6:30- 8:30 pm**

**\$25.00 per session – Limited Space**

**To hold your spot for all 3 classes, we suggest you pre-register \$75.00**

**Combining the benefits of these 2 amazing modalities, we bring you Reiki Yoga. We will start with a gentle restorative yoga sequence and as you relax we will use Reiki to help create balance of energy and a sense of inner calm. The combination is a powerful way to release stress & tension and help restore well-being. Each of these modalities on their own are extremely beneficial but combined the effects are super charged !**

**Join us on this 3 week journey and experience how mind, body & spirit can be in balance to create a more joyful life for yourself. What a wonderful way to experience both of these wonderful practices. No previous experience necessary and all ages and abilities are welcome. Join us in a friendly, non-judgmental, safe space where your comfort and well-being is our number one priority. Bring a yoga mat or beach towel, a light blanket or throw and optional pillow along with an open mind. Chairs are available for those unable to work on the floor. The Yoga portion will be tailored to individual needs.**

**(Bios on back)**



**Leslie Sommers**

Leslie L. Sommers is the owner/operator of Inner Calm Reiki, LLC, located in Northern NJ. She is a Reiki Master/Teacher, Energy Healer, Empath, Intuitive, Artist & Writer, as well as a non-denominational Ordained Minister & Spiritualist. She offers Reiki for people & pets (in-person or distantly), Card Readings, Animal Readings, Auragraphs, Intuitive/Spiritual Coaching & personalized Guided Meditations. As a very young girl, she often felt and knew things that others were unaware of, and that she had an ability to make people feel better. Although she has been fortunate to enjoy many hats over the years, and likes having diverse skills, she would say that aside from her healing work one of her most rewarding roles was that of a mother. Her children being her greatest joy. She believes in a mind, body, spirit connection and that ultimately to truly heal, you must treat the whole person and not just parts of them. Reiki, being the wonderful modality it is, works on mind, body & spirit. It's intelligent in that it can do no harm, knows where it's needed to be most beneficial, and always works for an individual's highest good. Leslie loves connecting to the life force energy and teaching about it to others. Being an Empath & Intuitive for as long as she can remember, she has always been drawn to healing work and has since dedicated her life to it. When she's not working on clients or teaching, she can be found on her Facebook business page, where she writes & shares her inspiring & motivational posters and artwork. Leslie can be reached at: [innercalmreiki@gmail.com](mailto:innercalmreiki@gmail.com)



**Jeanine Stacharczyk**

Jeanine has been practicing yoga for over 15 years. She first tried yoga as a way to get moving, shed some weight, and make her doctor happy. What she found was that it made her happy and that is what she truly needed. Yoga has helped her to be more mindful, grow stronger, more flexible, confident and peaceful. She completed her RYT 200 teacher training at The American Yoga Academy. She continues to pursue education and certifications in yoga, health, wellness and the healing arts. This provides her with fresh knowledge that inspires her teaching. Jeanine is a Ayurveda Specialist and does Vedic Thia Bodywork. She is forever grateful for the wisdom all of her teachers have shared with her. Her love of anatomy and physiology with breathing techniques, alignment, balanced energy and relaxation are what make up her classes. Jeanine wants everyone to know that yoga is for every body. "I teach because it makes me a better student, I study because it makes me a better teacher. I hope to see you on the mat."