



www.innerspiritualcenter.org

333A Route 46 W, Fairfield NJ, # 255

973-575-4100

PRESENTS

Reiki 1

With Reiki Master Eleanor Motichka



Natural Stress Reduction and Relaxation For Better Health

Reiki 1 Sunday June 3

1:30- 5:00 pm \$100.00

Reiki is the art of healing and balancing the body, mind, and spirit. The word Rei means soul or spirit and Ki is energy. Learn to use this Universal Life Energy.

Reiki 1 Highlights: History of Reiki, hand positions, understanding treatment and attunement.

Pre-requisite for Reiki II (to be offered in the Fall 2018)

Come, learn, and grow

Sign up on our website www.innerspiritualcenter.org or call 973-575-4100

Eleanor Motichka is a Reiki Master and has been working with Reiki for over 30 years. She has taught many classes from Reiki 1 through Reiki 3 and bring her wisdom and knowledge to Inner Spiritual Center for the 1st time through these classe.She credits Reiki as an integral part of her own recovery from a very bad car accident almost 17 years ago and continues to implement her own teaching within her daily life.