



Reiki and Biofeedback Workshop

Saturday, March 20th 2010
Workshop - 1:00 pm to 5:00 pm
Reiki Attunement - 5:00 pm to 6:00 pm

Ann Baldwin, PhD, Physiologist and Usui Reiki Master

Experience the art of healing through **Reiki** and **Biofeedback**. Choose whether you would like to stay an extra hour to receive Reiki Level I Attunement (according to prior experience) so you can practice Reiki on yourself and others. During this workshop you will learn about Reiki: what it is, how it was developed, and how it is supported by scientific research. You will have the opportunity to experience Reiki firsthand.

In the second half of the workshop I will introduce you to biofeedback

Biofeedback is a way to visualize your heart rate and learn how to control it. Using special sensors you can see how Reiki brings your heart and mind back into harmonic balance.

These two powerful techniques in combination, will help you relax. reduce your stress and heighten your vitality and mental clarity. This unique workshop will **empower you along your path of self-discovery.**

Cost: Workshop: \$75

Workshop and Reiki 1 Attunement: \$125

To register (required), contact Ann Baldwin at (520) 795-4048 or via email: abaldwin@mind-body-science.com