



**January 19 Saturday, Workshop- 1 pm to 5 pm;
Optional Reiki 1 Attunement- 5 pm to 6 pm**

Reiki and Biofeedback, Introductory Workshop

**At Synchronicity Center, 1701, E. Lind Rd., Tucson 85719
www.synchronicity.com**

**Ann Baldwin, PhD, Usui Reiki Master
Christina Wagers, Karuna Reiki Master**

Join us and experience the art of healing through Reiki and Biofeedback. Choose whether you would like to stay for an extra hour to receive a Reiki Level 1 Attunement so you can fully incorporate Reiki into your life following the workshop. In the workshop we will be combining the ancient tradition of energy healing and the modern technology of biofeedback to help you reduce the detrimental effects of stress in your life. These tools will open the pathway for clear consciousness, helping you along your path of spiritual awakening. During this workshop you will learn about Reiki: what it is, how it was developed, and how scientific research demonstrates that Reiki's effects on the body are beneficial and measurable. All those interested will have the opportunity to experience Reiki firsthand.

In the second half of the workshop we will introduce you to biofeedback. Biofeedback is a method to visualize your heart's oscillations as you experience a full breath. Using special sensors we will show you how you can alter your breathing to bring you back into harmonic balance.

These two powerful techniques in combination, will give you the experiences of increased relaxation, reduced stress, heightened vitality and mental clarity. This unique workshop will empower you along your path of self discovery.

Cost: Workshop - \$125

Workshop and Reiki 1 Attunement - \$225

(Payment for attunement can be made in advance or immediately following the Workshop)

**For more information, visit www.mind-body-science.com or to register, contact Ann Baldwin at 520.795.4048 or via [email: abaldwin@mind-body-science.com](mailto:abaldwin@mind-body-science.com)
Advanced registration is required.**