

**January 11th, Sunday: Free Seminar –
2 pm to 3:30 pm Learn about Reiki and Biofeedback!**

**Location – Lotus Massage and Wellness Center, 2850 E.
Grant Rd (Grant/Country Club)**

**Contact Person: Ann Baldwin at 520-795-4048 or via
email: abaldwin@mind-body-science.com**

Ann Baldwin, PhD, Usui Reiki Master

Join Ann Baldwin, PhD, Usui Reiki Master, for an introduction to Reiki and Biofeedback. Reiki is a Japanese healing technique that can be used on people and animals to relax and energize them according to need. During this introductory seminar you will learn about how Reiki was developed and how science shows that Reiki can reduce pain and improve immune function. Cardiovascular **Biofeedback is a method to visualize your heart's oscillations as you experience a full breath. Using special sensors you can alter your breathing and emotions to bring you back into harmonic balance. Equipment will be available for you to try. Those of you** want to experience a Reiki session, learn how to perform Reiki yourself or learn more about biofeedback will have an opportunity to sign up for personal sessions or group workshops