

**May 12th, Tuesday: Free Seminar –
6:30 pm to 8:00 pm [Learn about Reiki](#)**

**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. Reiki is a Japanese name consisting of 2 words Rei and Ki meaning universal life energy, an energy that animates us all and is found all around us. Reiki helps to harmonize body, mind and spirit and can reduce the debilitating effects of stress. During this introductory seminar, you will learn about Reiki; what it is, how it was developed, and how scientific experiments demonstrate that Reiki's effects on the body are beneficial and measurable. If any of you want to experience a Reiki session, or learn how to perform Reiki yourself, there will be an opportunity to sign up for personal sessions and group workshops.