



2008 Reiki and Biofeedback Introductory Workshop for Students

Choice of: Sunday, October 26 or Saturday, December 13
Workshop - 1:00 pm to 5:00 pm
Optional Reiki 1 Attunement - 5:00 pm to 6:00 pm

Ann Baldwin, PhD, Physiologist and Usui Reiki Master

Join me 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 practice Reiki yourself following the workshop. During this workshop you will learn about Reiki: what it is, how it was developed, and how scientific research shows that Reiki's effects on the body are beneficial and measurable. 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 method to visualize your heart's oscillations as you experience a full breath. Using special sensors I 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: \$50

Workshop and Reiki 1 Attunement: \$75

These are special student rates - less than half normal costs

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

Advanced registration required