

***Give yourself the gift to be able to heal yourself and the ones you love!***



***REIKI LEVEL ONE WORKSHOP  
FRIDAY, JUNE 11, 2010, 9:00 AM – 5:00 PM  
FRIDAY, JUNE 18, 1:00 PM – 5:00 PM***

***SUJATA HAWN, ATTORNEY AT LAW, REIKI MASTER/TEACHER  
CHRISTINE RUPPRECHT, MSN, RN, REIKI MASTER/TEACHER***

*Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. The class will be held at Christine's home in Alexandria, Virginia near Mount Vernon.*

- *Upon completion of this workshop you will be a **Level One Reiki Practitioner**.*
- *Day one includes a healthy/healing lunch and a discussion on healthy eating habits.*
- *Each session will begin and end with a gentle energizing yoga class led by Su Hawn who has been a Certified Yoga Instructor from India for over 10 years.*
- *The principles and techniques will be taught by Su Hawn and Chris Rupprecht who has been a **pain management expert** for more than 15 years, successfully using Reiki on our Wounded Warriors at Walter Reed Army Medical Center.*

*This class will change your life. Attendance is limited to eight special people. Please feel free to share this flyer with those you love!*

COST: \$200.00

***Please RSVP by Friday, June 4th:***

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