



REIKI 101

Wednesday, May 19, 2021
6:30 pm

Come learn about Reiki, a Japanese healing practice which helps reduce stress, promote relaxation and balance your energy levels. We will talk about the 7 major chakras that are part of everyone's inner energy system.

Lisa Ficco is a Reiki Master from the Jiiva School of Reiki. Certified in attunements, hands-on and distant Reiki and crystal bowl sound bath healing. She also holds degrees in Psychology, Speech Communication and Theater Arts and a Master's Degree in Costume Design.

A zoom link will be provided when you register.



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