

CENTRAL COAST YOGA NOW OFFERING REIKI I & REIKI II CLASSES!!!!

~~~~~

Longtime Central Coast resident and REIKI Master Teacher, Julie McKenna, presents you the opportunity to experience the ancient principles of REIKI and to learn how to initiate and bestow this physical, mental, emotional and spiritual balancing to benefit yourself and others.

**REIKI I:** Learn the history and teachings of Dr. Mikao Usui. Attunements open your ability to channel REIKI energy. Learn self-healing while restoring peace, calm, balance and harmony. The heart Chakra renews your spiritual connection. Your energy is not depleted.

**REIKI II:** Be educated in how to facilitate REIKI for others. REIKI attunements increase the REIKI energy. All body workers can use REIKI integration with their modality. Symbols are taught that intensify healing as well as how to send this energy to others in distant places.

**\*ALL MATERIALS AND CERTIFICATION WILL BE INCLUDED\***



For additional information,  
please contact Julie McKenna.  
805.235.6283  
[imaginehealing@aol.com](mailto:imaginehealing@aol.com)

Classes held at Central Coast Yoga  
900 E. Grand Avenue, Arroyo Grande  
(on the corner of E. Grand and Halcyon)  
805.474.8876  
[www.centralcoastyoga.com](http://www.centralcoastyoga.com)

