



Reiki and Biofeedback Workshop

Saturday, November 5, 2011
Wednesday, January 25, 2012
1 - 6 pm

**Ann Baldwin PhD, Physiologist and
Usui Reiki Master**

Experience the art of healing through **Reiki** and **Biofeedback** and receive a **Reiki Level I Attunement** so you can practice Reiki on yourself and others. Before the attunement and practice you will learn about Reiki: what it is, how it was developed, and how it can benefit you.

In the second half of the workshop I will introduce you to **Biofeedback**, a way to visualize your heart rate and learn how to control it. Using special sensors you can see how Reiki influences your heart and returns you to harmonic balance.

These two powerful techniques combined will help you relax, reduce your stress and heighten your vitality and mental clarity. This unique workshop will **enrich your path of self-discovery.**

To attend workshop please register on website
<http://www.mind-body-science.com>

For further information phone (520) 795-4048 or email:
abaldwin@mind-body-science.com