

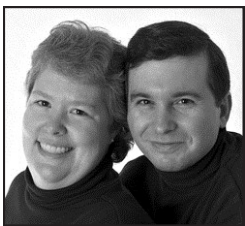
# Empower Yourself to Improve Your Wellness by Learning Reiki!

Reiki is a well-know, beneficial, complementary therapy practice that can help you to:

- Relax your mind and body.
- Lower your stress.
- Improve your inner balance and wellness.

In this two-day workshop you will learn:

- - A meditation practice to enhance your listening to your inner wisdom.
- - A Qigong practice to increase your personal energy.
- - A Reiki Self-treatment practice to give yourself Reiki anytime, anywhere.
- - A Seated chair Reiki practice to share Reiki with others.



Teachers & Reiki Masters  
Angela and Karl Robb have been  
Reiki practitioners for over 19  
years and Reiki Masters for 6  
years.

## Reiki Jin Kei Do First Degree Workshop

**When:** May 12 10am-6pm and  
May 19 1:30pm-7pm

*(You must attend both sessions to complete the training & receive your certificate.)*

Class size limited to 10 students.

### **Location:**

Sytera Yoga  
6888 Elm St #304  
McLean, VA 22101

**Teachers:** Angela & Karl Robb

**Cost:** \$250

**Register Online at:**

<https://syterayoga.com/workshops-events/>

**For more information:**

Call 571-212-1095 or email  
[Angela@GiveReiki.com](mailto:Angela@GiveReiki.com)

**Register online for this workshop at**

**<https://syterayoga.com/workshops-events/>**