

# INTRO TO REIKI & ENERGY HEALING

**WITH JACKSON VAN RAAN**



**APRIL 23  
1:30-3:30PM  
\$30**



**DURING THIS WORKSHOP YOU WILL LEARN HOW TO ACTIVATE YOUR CHI HANDS, PRACTICE ENERGY WORK ON YOURSELF AND OTHERS, AND GET IN TOUCH WITH YOUR INNER HEALER.**

**EXPERIENCE MOVEMENT, TAI CHI, BREATH WORK AND GUIDED MEDITATIONS TO VISUALIZE AND FEEL ENERGY. LEARN MANTRAS, SYMBOLS, CHAKRAS, AND ENERGY BODY SYSTEMS, TO UTILIZE WHILE PRACTICING ENERGY WORK. YOU WILL LEAN HOW TO HOLD SPACE FOR ENERGY WORK, HOW TO SET BOUNDARIES THERE, AND LEARN WHEN TO USE IT.**

**EXPLORE MODALITIES SUCH AS REIKI, SHAMANIC HEALING, HEALING TOUCH, MAGICAL AWAKENING, ETC.**