



### **INTRO TO REIKI FREE DEMO**

Did you know that some of the benefits of Reiki include balancing energies in your body; healing on a holistic level; strengthening your immunity and your self-esteem; relaxing you and helping to reduce stress and more. Sound like something you'd like to know more about?

**INTRO TO REIKI DEMO.** Join Sandown Recreation on Monday evening, November 8th from 6:45 p.m. to 7:45 p.m. for a free demo and "Introduction to Reiki" with Karen Taube, Reiki Master. Learn how Reiki can help you to heal physical and emotional wounds, aid in relaxation and increase energy.

Ms. Taube combines her background in Positive Psychology, Crisis Counseling; Trauma Support and Life Coaching along with her skills in the healing arts to provide a comprehensive and compassionate approach to healing. She will share information, resources and tools.

To register simply send an email to: [recreation@sandown.us](mailto:recreation@sandown.us) Include your name, address, phone and best e-mail to reach you at. You will receive a confirmation e-mail. Or call to register at 603-887-1872. Registration will open to non-residents on Monday, November 1<sup>st</sup>. Class is for adults only. Ages 16-18 may attend with accompanying adult. Demo is free, pre-registration required. Space is limited. Thursday, November 4<sup>th</sup>. Registration will close sooner if filled.

