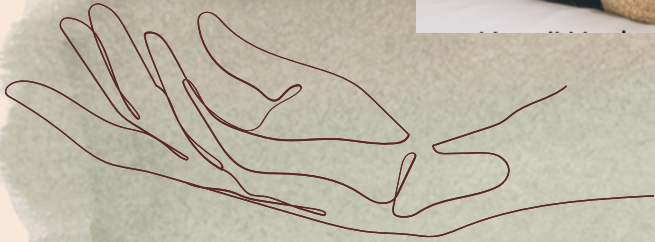


Online Reiki Sessions 3rd Friday of every month

from 10:00 a.m. to 10:30 a.m.
With instructor Kerri Wade

To reserve your spot or for questions call 480-314-6660
or email wellness@ironwoodcrc.com for
online class access information.



Reiki is a gentle, non-invasive form of energy healing that originated in Japan in the early 20th century. The word "Reiki" comes from two Japanese words: "Rei," meaning universal, and "Ki," meaning life force energy. Practitioners of Reiki believe that this energy flows through all living things, and when it is blocked or unbalanced, it can lead to physical, emotional, or mental distress.