

COMING SOON



REIKI MEDITATION CLASSES

Curious about Meditation/Reiki and their many benefits? Familiar with Reiki, but need a tune up? This class is for you!

We will begin with some light stretching then settle into a comfortable position for a guided meditation. Prepackaged tea and chocolates will be sent home with participants.

Classes coming in August, first Friday of each month

Wear comfy clothes and feel free to bring a pillow and/or blanket. Start your weekend off right, feeling relaxed and grounded.

\$30 per participant

B *BLESSING*
Wellness Center