

Loving Touch Center International School of Reiki Presents:

Free Meditation & Reiki Healing Circle



MONDAYS

6:30pm

MILLER CENTER

301 GROVE ST, Room 304



Learn to live in good health and harmony by joining us on Monday nights for a quiet meditation session. Reiki is a gentle healing energy helps to relieve stress, body pain, and depression. Reiki is a 2,500 year old Tibetan healing art. It is not a religion, nor does it require a belief system to work.



Weekly Schedule :

- 1st Monday ONLY for Veterans, Fire, and Police
- 2nd Monday especially for Seniors
- 3rd Monday for Everyone
- 4th Monday for Everyone

**Reiki 1 Class July 22, 23;
August 19, 20; and September 23, 24**
(A free gift of gratitude & appreciation for veterans, police, and fire personnel)

Register in-person at any of our centers or online at

www.LynchburgParksAndRec.com

For any questions, call Samuel at (540) 520-8725 or visit reiki-ltc.org.