

# Join us for: *Group Reiki & Meditation*

**MONDAY, FEBRUARY 26, 10 AM @ THE CCS**  
OFFERED FREE OF CHARGE FOR STUDENTS, FACULTY, AND STAFF

Join the Office of Wellness Promotion & the Center for Contemplative Studies for a group reiki and guided meditation!

We will discuss what reiki is and where it originated, have some brief reiki practices as a group, and participate in a group reiki and guided meditation together.



**What is reiki?** Reiki is a form of Japanese energy healing that focuses on stress reduction and relaxation through energy work. Reiki is considered to be a spiritual practice not tied to any one religion. Reiki is grounded in the principles that "just for today, I will not worry, I will be grateful, I will not be angry, I will do my work honestly, and I will be kind to every living thing".

**Register Here**



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