

Reiki Share

with Reiki Master & Shaman Heather Puzan

All Levels Welcome!



Thursday, February 20

6:30-8:30PM

\$15 per person

If you are Reiki certified at any level, or a healing practitioner of any modality, we invite you to join Reiki Master Heather for an all levels Reiki Share at UpDog Yoga Rochester

Heather leads a guided meditation and circle of sharing and then everyone will have the opportunity to give and receive Reiki in a casual atmosphere of friendship, honor and positive energy. Connect and re-connect with other like-minded healers to share techniques, experiences and give and receive your healing gifts in a supportive and loving environment.

As energy workers and healers, we all need a reset and can greatly benefit from taking the time to receive Reiki healing for ourselves. Collective consciousness is powerful, and when multiple people direct their energies toward one focus, the results can be incredible as we raise the energy and frequency of the entire group. Reap the combined wisdom and skill as you receive healing from healers with different levels of practice, experience and varying modalities!

Reiki Share Benefits:

- Take some time for yourself and receive a huge boost of healing energy to feel relaxed, renewed and back in balance
- Learn more about Reiki and other healing modalities, discuss ideas and common interests
- Spend time with a group people who will support you on your Reiki journey - *no matter where you're at*

Heather Puzan is Reiki Master, Shaman and Pranic Healer who has been practicing energy work for 17 years



Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



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