

SIGN-UP FOR REIKI TRAINING WITH MARIA DAVIS



REIKI LEVEL I CLASS: FEBRUARY 10 10AM-2PM \$225

Reiki is an ancient healing modality that works with the life force energy that flows through and around us. Reiki restores balance and reduces stress. Reiki can also relieve pain and dissolve energy blocks to promote a natural balance between mind, body and spirit. You will learn about the chakras, hand positions, history of Reiki and how to treat for yourself, family members and even pets. There is an attunement to "awaken" you to the universal life force energy. Reiki 1 certificate will be awarded.

REIKI II CLASS WITH MARIA DAVIS: MARCH 3 1-5PM \$300

Learn about the following:

- Understanding of Auras
- Reiki Sacred Symbols
- Distance Healing-CAN SEND ANYWHERE IN THE WORLD
- Cellular memory- **Cellular memory technique, helps clear past traumas and unwanted patterns by healing "core issues," events that have long since been buried are released.**

There will be an attunement to the Reiki 2 energy. We will also do a healing session, and a certificate will be awarded upon completion. You must be certified in Reiki 1 before taking Reiki 2. Preregistration required.

MASTER LEVEL CLASS WITH MARIA DAVIS: MARCH 10 1-5PM \$350

Reiki Level 3 includes: Master sacred symbols, learn how to do an attunement and how to teach Reiki, an understanding of Chakras 8-12, receive an attunement to the Reiki 3 energy and a certificate will be awarded upon completion. If you have completed Reiki Level 1 and 2 and would like to raise your energy level, this is the class for you. It's a deep commitment to the practice of Reiki. Preregistration required.

Tarot II: An in depth look at the tarot with Maria Davis on February 19

@ 6:30pm Learn about the Court Cards (King, Queen, Knight and Page). These are often the most difficult cards to understand. This class will give you an in- depth look into these wonderful cards. You will also learn the Celtic Cross. This spread gives you a deeper understanding to your questions. Bring your own deck or buy one at the Angel Cooperative.



Drumming Circle Meditation with Pete on February 11 @ 5pm, March 11, April 8, May 13, June 10 @ 6:30pm

Join Shamanic Practitioner and psychic medium Pete Gakos for a drumming meditation. Pete will lead the group with a guided mediation and drumming beat. At the end, he will give each participant a message. Participants invited to bring their own drums. Walk-ins welcome or preregister.

Kundalini Yoga and Gong Sound Current with Susan Helbing on February 9 & 16

@ 1-2:30pm Experience this ancient technology that generates Awareness and Transformation. Learn quick and effective movements or Kriyas which involve breathing techniques, meditation and chanting. Class ends with a gong relaxation that will bring on many different emotions which allows for healing, rejuvenation and transcendence. All levels welcome.



Healer's Circle in the Shungite Room led by Gene Krackehl on February 13 @ 6:30pm and the 2nd Wednesday of the Month

There's a saying among healers that if you need a healing, give one to someone else. So, here's your opportunity to give a healing as well as receive! This event is for Healers only. You will have the opportunity to participate in this unique event while working on and being worked on by other talented healers in a friendly, safe, supportive and encouraging environment. We'll be working in chairs and yoga mats - no massage tables. Please dress comfortably. Prior registration required as space is limited.

Subconscious Energy Scan with Katie Kozlowski on February 9 & February 16 @ 9am-12 (20 minute appointments/\$20)

Get unstuck and gain clarity! Katie will help you identify emotional patterns, mental blocks and stuck energy that are holding you back & use the power of NEUROPLASTICITY to help you retrain your brain to create new neural pathways & patterns for moving forward. Perfect for repetitive patterns, unhealthy relationships, physical ailments or pain that is



bugging you. It's like running Scandisk for your mind, body and soul! Katie will show you how to change your thoughts for good!