



January: Month of New Experiences

Happy New Year 2019! In partnership with Georgia Smith, Manchester Travel and Reiki Way, we embraced the new year with a wellness trip to Canyon Ranch, Lenox, MA. The three-day trip, provided the chance to welcome the year surrounded by positive energy and a focus on well-being.



Some highlights from our Canyon Ranch Wellness Trip included:

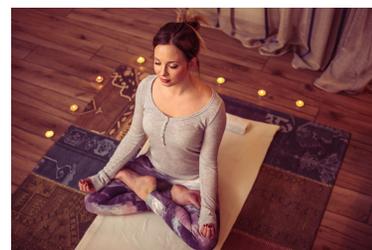
- **Adventure:** The group created a unique itinerary each day that included sessions such as Ariel yoga, dancing with a Broadway dancer, fencing and African drumming. With many options to choose from each group member created an unique experience.
- **Education:** During the weekend, guests were able to attend lectures on topics such as nutrition, life management, spiritual wellness and healthy aging.
- **Friendship:** There was time at meals to share with new and old friends. We joyfully shared our days and how we could carry forward our learnings when we returned home.
- **Relaxation:** There was plenty of time to relax in your own way.

The weekend at Canyon Ranch provided many new and enhanced self-care techniques, which I will share at your next visit to Reiki Way. No matter what your goals are for 2019, Reiki is a wonderful modality to include in your self-care.

If you are interested in joining our January 2020 Canyon Ranch trip, please contact me. We welcome your interest.

Mini Retreats offered with Reiki Way

In 2018, Reiki Way along with our mini retreat partners launched a new three-hour retreat experience. Our retreats include, active yoga, restorative yoga, Reiki Circle, meditation, massage and a home-made lunch. Our next retreat is March 13th, we host 12



guests so it fills quickly. Please let us know if you would like to join the mailing list for notifications of upcoming retreat dates and locations.

We look forward to seeing you in 2019 at Reiki Way. We appreciate the opportunity to support your self-care journey.

Wishing you a happy and healthy New Year,

Lucy McCarthy, Owner, Reiki Way

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