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FOR IMMEDIATE RELEASE

Date: Monday, August 28, 2017

Contact: Lori Wells, Manager

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Subject: What is Reiki?

Traverse City – With the acceptance of alternative medicine increasing, energy healing’s popularity is growing. Thus, we are now seeing a reintroduction or resurgence of ancient eastern energy healing techniques in the western culture of medicine. The underlying theory is that there is this energetic component to our overall health. The flow of energy through the body can be compared to the flow of water through a river and its tributaries. Energy healing’s goal is to keep the water or the energy flowing smoothly throughout the system by clearing the main river way and the tributaries of any “debris” that builds up.

Reiki is a Japanese technique used in the sphere of energy healing. Reiki clears, straightens and heals the energy pathways, allowing the life force to flow in a healthy and natural way. A Reiki session can help ease tension and stress in the body, allowing it to heal on all levels – physical, mental and emotional.

Join Reiki Master Donna DeSoto on Wednesday, September 6, 10 a.m., at the Traverse City Senior Center, 801 E. Front Street, as she answers the question, what is Reiki, and discusses this ancient Japanese healing technique and how it can help you.

The discussion is free, but advance registration is required.

For more information and to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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