



# Reiki

## *Circle*

**Life House  
Atascadero Wellness  
Center**

**Facilitated by Art Kuhns Reiki Master**

**Reiki Circles** purpose is to share a deep experience of peace and relaxation. When we are stressed or sick our energy vibration is low. Reiki is a great way to raise your vibration, thereby, increasing health, vitality and overall feeling of wellness. It can be experienced by anyone in any health condition. The recipient may be in a sitting or lying position as the practitioner will send the energy through their hands into the recipient's energy field or aura.

Each person's experience of Reiki can be different; however, most every person will experience a profound feeling of peace, love, relaxation.

**1st & 3rd  
Wednesdays  
11:00-12:00pm**

**Life House  
5850 West Mall Road  
Atascadero  
(805) 464-0512**

*Please contact Life House 805-464-0512*



WELLNESS • RECOVERY • RESILIENCE