

The Acupressure Institute's Wellness Forum Series Presents:

Reiki & Mindfulness

Integrating Simple Healing Practices with Mindfulness Techniques

September 24th, 2010

7pm - 10pm

Free

Mindfulness is paying attention to what is happening in the present moment. "Reiki" is an ancient healing art from Japan that refers to the highest consciousness available to us. Together they strengthen our self-awareness & capacity to communicate love. Mindfulness & Reiki are great guides for our healing practices & daily lives.



By cultivating the presence of Reiki and mindfulness meditation, a positive attitude & peaceful creativity can unfold in our life & nourish us. This workshop will give a brief overview of Reiki & Mindfulness while introducing you to simple questions & techniques for greater health & happiness for yourself & others.

About the Presenter



Emily Frost is an artist, teacher, Reiki Master & ongoing student of the Acupressure Institute. She has taught Reiki & Mindfulness classes at UC Berkeley & local schools since 2005, to students from 5-50 years old. She is currently focusing on her transformative arts program, Honey Moon Studios, working with youth & adults to cultivate mindfulness & self care through the arts.

She teaches and practices in Berkeley & Oakland, CA.

Please find more information at: 'honeymoonstudios.com'