



Waves of LIFE

4417 – 30th Street, Suite 113
San Diego, CA 92116
(619) 379-2662

romel@wavesoflife.biz
www.wavesoflife.biz

FREE CLASS

An Introduction to Reiki Energy Healing

Presented by:
Romel Hokanson
Reiki Master/Teacher
Certified Biofeedback Specialist

Thursday, February 23, 2012
6:30 – 8:00 p.m.

Location: Peoples Food Coop (Ocean Beach)
Community Room on 2nd Floor
4765 Voltaire Street, San Diego CA 92107

Reiki (universal life energy) is a powerful, spiritual, healing discipline for balance and harmony of body, mind and spirit. Used by anyone for any condition.

First hour: what it is and how it can benefit your health and the health of others; feel free to stay to experience Reiki energy.

Attendance is limited to 18

To RSVP or schedule a session
call 619.379.2662



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REIKI – what is it?

Reiki means “universal life-force energy.” It is a gentle, hands-on, healing technique used to restore and balance the body’s life-force energy to heal emotional, spiritual and physical pain. Reiki is used for the healing of animals as well as people.

Reiki is a simple, very profound method of healing with the hands. It is done fully clothed, is non-invasive and non-manipulative. Reiki provides relaxation, relief from stress, reduces pain, and promotes balance and wellness for the body, mind, emotions, and spirit. Reiki is a technique started by Dr. Mikao Usui in 1914 in Japan.

Reiki - what are the benefits?

* Reiki helps to harmonize body, mind & spirit * Powerful & gentle healer * Promotes natural self-healing * Balances the energies in the body * Balances the organs & glands * Strengthens the immune system * Addresses symptoms & causes of illness * Relieves pain * Clears toxins * Enhances personal awareness * Relaxes and reduces stress * Promotes creativity * Releases blocked & suppressed feelings * Aids meditation and positive thinking *
* Heals holistically *

Romel Hokanson
Reiki Master/Teacher
Certified Biofeedback Specialist * Spiritual Counselor
EFT/Emotional Freedom Technique * Nutrition Education

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