

August 24, 2019 @ 5:30pm
Reserve your spot online • \$79

YOMASSAGE + Reiki Healing

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive.

ElevateYogaDenver.com

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