



Reiki

Join Reiki Instructor Tracy Holscher for an enlightening journey into the world of Reiki. This gentle yet powerful healing technique promotes balance and well-being through the manipulation of energy. Whether you're new to Reiki or looking to deepen your understanding, this webinar offers a comprehensive introduction to its principles, practices, and benefits.

Please talk to your doctor before beginning an exercise program.

Reiki
Thursday, August 15
1 p.m. - 2 p.m.

Register Now

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

