



HANDS ON NEWS

from San Diego Reiki Corps

Save the Date! July 29th, 1:30pm - \$20 per person

Healing Crystal Bowl Meditation

Join Us for an experiential afternoon with the beautiful, restful vibrational benefits of sound healing crystal bowls. Move deeply into your mind, body and soul as you are bathed in healing vibrations. Reduce your stress, increase energy, and feel a deeper sense of balance.



Welcome New Members! This month new members include **Brittanie Markham, Georgia Vlahos, Haley Kelly, Hollie MacTavish, Nina Slater, and Pamela Berkinsky.**

Celebrating Years of Membership:

Joan Boccio 7
Marisol Quesada 6

SDRC Reiki Shares:

Open to all practitioners: Level I, II, III. It is our intent to mentor by providing a forum for Reiki Practitioners to learn techniques to expand their Reiki repertoire, relax with a mini-session and network with like-minded people. RSVP's are required and they are free. Shares are offered in **La Mesa, San Marcos, and Vista.**

Do you Follow us on Facebook?

The primary objective of the San Diego Reiki Corps is to create a Reiki community in which we can join together to educate and support both our members and general public. Facebook offers a forum for announcements, daily positive thoughts, and "call to action" opportunities. Be sure to click on the "Like" and "Follow" buttons!

Stay in touch with our Reiki community during the Summer!



Mary Joy Neuru is a Certified Sound Healer and owner of ReikiDance International and Divine Quantum Reiki. She has a Theatrical MA from UCR and MFA from SDSU, is a Reiki Master Teacher in Usui, Karuna, Holy FireII and current President of SDRC.

Make reservations at:
SanDiegoReikiCorps.org

At the door and non-SDRC members \$25

First United Methodist Church in Mission Valley
2111 Camino del Rio S., San Diego, 92108

Thank you Marcie Hintz for a fun and informative workshop on Japanese Reflexology!. We had 46 attendees at this educational gathering. See pictures on the website.

Community Outreach Opportunities

Watch for information on Alzheimer's Walk in September and announcements of upcoming events

Meditation Group at Unity Church of El Cajon

3rd Wednesday Night 7:00-8:00

For more information, details and scheduling, contact:
Outreach@SanDiegoReikiCorps.org