



## *Community Reiki Share*

*With Shannon Sosebee,  
Usui/Tibetan & Karuna Reiki Master Teacher*

*1<sup>st</sup> Tuesday of each month 7-9 pm  
at CMH Training Center  
2809B Main Street, Ventura  
Entrance and parking in back*

***What is Reiki?** Reiki is a Japanese ancient technique to destress and promote relaxation and healing. Reiki is not a religion. The word Reiki is comprised of two separate Japanese words: **Rei** means Universal and **Ki** translates to Life Energy. Reiki is universal energy*

***\$10 Love donation appreciated  
No one turned away  
Blessed Be***

Please call Shannon at (805) 216-8675, or email [ReikiLiving@rocketmail.com](mailto:ReikiLiving@rocketmail.com)  
for more information.

