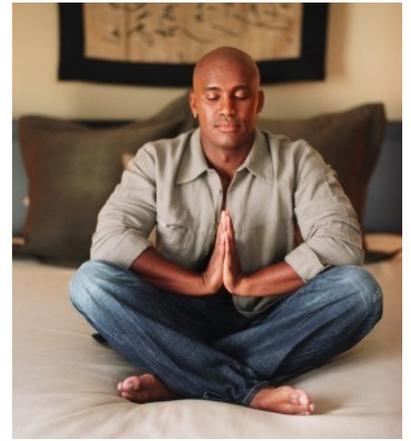


Healthy Body, Healthy Mind:
A Winter Series to help you feel your best!
Mitchell Library
37 Harrison Street New Haven



Introduction to Reiki
Saturday February 6th at 10:30 am

I am a Practitioner and Teacher of Usui Reiki Ryôhō, trained in the original Japanese system of Reiki developed by Usui Mikao. I have over ten years experience giving Reiki treatments to people and pets. Reiki is a holistic healing technique that is gentle, simple, and powerful. It is useful for relaxation as well as physical, mental, and emotional wellness. In this workshop, I will explain the philosophy behind Reiki, what is involved in a treatment, and its many potential benefits.

Introduction to Meditation
Saturday February 13th at 10:30 am

Meditation is essential to mindful living. Practicing meditation regularly is a wonderful way to relieve stress and anxiety, clear your mind, and regain a sense of calmness and balance. I am a psychologist specialized in emotions as well as a meditation teacher. In this workshop, I will explain what meditation is, what the benefits of meditation are, and how meditation can be integrated into your daily life. For those interested, there will be an opportunity to experience a short guided meditation at the end of the workshop (please bring a cushion to sit on for this meditation).



This free series will be presented by Westville resident, Professor Patricia Rodriguez Mosquera, Wesleyan University. *Please call to register: (203) 946-8117. Feel free to attend one session or both!