

SPECIAL WORKSHOP



WIMHOF BREATHING & COLD THERAPY

UNBLOCK AND BALANCE YOUR BODY'S ENERGY

JEANNIE RABIN



TIME & PLACE:

**IN-PERSON WEDNESDAY JUNE 17TH
1:00 PM-2:30 PM (AFTER REIKI!)**

**CANCER SUPPORT COMMUNITY
4195 E THOUSAND OAKS BLVD., #107
WESTLAKE VILLAGE, CA 91362**

NO COST TO ANYONE IMPACTED BY CANCER

In this special workshop, Jeannie will incorporate elements of guided breathing techniques and gentle cold therapy, to help unblock and balance the body's energy and encourage a sense of relaxation and wellbeing. Please note that during this session, participants who choose to do so will dip their hands into a bowl of ice water as part of the experience. Please discuss with your doctor to make sure this workshop is right for you.

Instructor

Jeannie Rabin is a Reiki Master conducting Reiki Nights, Body Scanning, and Chakra Balancing in Santa Rosa Valley. Jeannie loves working with and sharing Reiki energy and its principles. Her wish is for everyone to have the opportunity to experience the healing benefits of Reiki energy.



To register and learn more:

cancersupportvvsb.org

email: programs@cancersupportvvsb.org

call: 805.379.4777