



**YOGA AT THE ASHRAM**  
*The Baba Siri Chand Yoga and Retreat Center*

# First & Second Degree Reiki Healer Training

with *Matthew McDonald*



**Saturday, Jan 5, 2019**  
**9 am to 6 pm**

**INCLUDES VEGETARIAN LUNCH – JUST \$250**

Reiki is spiritually-guided life force energy that flows through a trained practitioner and into a client, transforming blocked energy in the client's body.

This balancing of energy can bring forth healing for all kinds of health conditions, including pain. Reiki also creates stress relief and relaxation. Reiki is mostly performed on others by a gentle placing of the hands on a client's body. Second Degree Reiki training includes distance Reiki training, as well, as one learns how to send healing energy across time and space.



Matthew is a Reiki Master Teacher, certified to teach and train new Reiki Master Teachers. Matt also facilitates group healing sessions and meditations with positive healing energy. He awakened to spirituality while volunteering for a few different community service activities during his college years. Matt carried on with a fascination and inspired calling to study healing methods, which led him to the study of spirituality, Reiki, and other types of energy healing. He has a heartfelt passion for facilitating healing and empowering others with universal spiritual education for positive life change.

[www.YogaAtTheAshram.org](http://www.YogaAtTheAshram.org) or call 508-376-4525  
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