

# THE GLORIA BORGES WUNDERGLO FOUNDATION REIKI AND GUIDED MEDITATION PROGRAM -VIRTUAL



## Reiki and Guided Meditation

*Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive.*

OUR IN-PERSON SESSIONS FOR THE GLORIA BORGES WUNDERGLO FOUNDATION'S REIKI & GUIDED MEDITATION PROGRAM  
MOVED TO A VIRTUAL FORMAT IN 2020 – PROMPTED BY THE PANDEMIC

THE WUNDERGLO FOUNDATION CONTINUES TO HOLD OUR MONTHLY REIKI AND GUIDED MEDITATION SESSIONS  
VIRTUALLY - VIA ZOOM FORMAT

THE GLORIA BORGES WUNDERGLO FOUNDATION VIRTUAL REIKI & GUIDED MEDITATION PROGRAM WILL BE  
IN SESSION ONCE MONTHLY - **ALWAYS ON A MONDAY AT 3:00PM PST ON ZOOM**

**YOU MUST REGISTER TO RECEIVE AN INVITATION: EMAIL [BECKY@WUNDERGLOFOUNDATION.ORG](mailto:becky@wunderglofoundation.org)**

ONCE YOU ARE REGISTERED FOR OUR VIRTUAL PROGRAM - YOU WILL RECEIVE AN EMAIL PRIOR TO EACH SESSION.  
THE ZOOM INVITATION LINK WILL BE SENT OUT ON THE SUNDAY BEFORE EACH SESSION DATE.

**VIRTUAL PROGRAM 2023 DATES: MONDAYS:** FEBRUARY 13, 2023 - MARCH 13, 2023 - APRIL 17, 2023  
- MAY 15, 2023 - JUNE 19, 2023 - JULY 17, 2023 - AUGUST 14, 2023 - SEPTEMBER 18, 2023  
- OCTOBER 16, 2023 - NOVEMBER 13, 2023 - DECEMBER 11, 2023

**ONE (1) HOUR SESSION BEGINNING AT 3:00PM PST WILL BE CONDUCTED ONCE PER MONTH ON ZOOM  
FREE for All Cancer Patients, Survivors, Caregivers, and Family Members**

#WUNDERGLO #REIKI #MINDBODYSPIRIT HOW WILL YOU #LOVELIFE ?

THE GLORIA BORGES  
**WUNDERGLO**  
FOUNDATION

Email [becky@wunderglofoundation.org](mailto:becky@wunderglofoundation.org) to register  
or contact Becky Keller at (818) 331-7282.

**Pre-registration is required**

**<https://wunderglofoundation.org/the-gloria-borges-reiki-and-guided-meditation-program/>**