

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 2024
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 2024 DATES: MONDAYS: JANUARY 22, 2024 - FEBRUARY 12, 2024 - MARCH 18, 2024
- APRIL 15, 2024 - MAY 6, 2024 - JUNE 10, 2024 - JULY 22, 2024 - AUGUST 12, 2024 - SEPTEMBER 9, 2024 -
OCTOBER 14, 2024 - NOVEMBER 18, 2024 - DECEMBER 9, 2024

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 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/>