

THE GLORIA BORGES WUNDERGLO FOUNDATION VIRTUAL REIKI AND GUIDED MEDITATION PROGRAM



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.

DUE TO COVID-19, OUR IN-PERSON SESSIONS FOR THE GLORIA BORGES WUNDERGLO FOUNDATION'S REIKI & GUIDED MEDITATION PROGRAM WERE SUSPENDED. IN LIGHT OF THE PANDEMIC, THE WUNDERGLO FOUNDATION BEGAN HOLDING VIRTUAL SESSIONS VIA ZOOM IN 2020 WITH CONTINUED SESSIONS IN 2021 AND 2022.

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 2022 DATES: MONDAYS: JANUARY 24, 2022 - FEBRUARY 28, 2022 - MARCH 14, 2022 - APRIL 18, 2022 - MAY 16, 2022 - JUNE 13, 2022 - JULY 11, 2022 - AUGUST 15, 2022 - SEPTEMBER 12, 2022 - OCTOBER 10, 2022 - NOVEMBER 7, 2022 - DECEMBER 5, 2022 -

ONE (1) HOUR SESSION BEGINNING AT 1:00PM PST WILL BE CONDUCTED ONCE PER MONTH ON ZOOM

FREE for All Cancer Patients, Survivors and Their Caregivers
#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/>