

July 16, 2016 - Presentation by Karen Kinnard

Reiki for 2016

Reiki has evolved over millennia just as our culture has. I will cover some historical background of reiki, current trends, and then share some of my own personal experiences with practicing reiki. I also will do a short exercise with everyone so that you can feel the energy for yourself. I will leave time at the end for questions.

Biography

Karen Kinnard has been practicing yoga and meditation since 1986. In 1988 I learned about Reiki and experienced myself healing with reiki in a dream. It wasn't until 2002 that I received my yoga training and reiki training simultaneously (from two separate schools). I realized that the yoga, breathing and meditation enhanced the flow of reiki energy and knew that my teaching would include this knowledge. I now teach small group and private yoga and also provide reiki training when requested to. Students and clients are typically led to my reiki services by their intuition and it is an effortless joy to provide this to them.

My website: <http://www.yogaprairie.com/reiki.html>

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