



Waves of LIFE

4417 – 30th Street, Suite 113
San Diego, CA 92116
(619) 379-2662
romel@wavesoflife.biz
www.wavesoflife.biz

April 18th - FREE CLASS

An Introduction to

Flower Essences

Presented by:

Rev. Maggie Smith

Flower Essence Practitioner

Certified Aroma Therapist, Medical Intuitive Certified

Wednesday, April 18, 2012, 6:30 – 8:00 p.m.

Location: Mission Hospice

2375 Northside Drive, Suite 330, San Diego CA 92108

***Flower Essences & Aromatherapy:
Soothing Touch & Reducing Stress Training
for Healthcare Professionals & Caregivers
Restore Harmony and Balance to Body, Mind & Spirit***

Attendance is limited to 20 * RSVP requested

Edwin Peterson * 619-459-2213 * epeterson@missionhh.com

Romel Hokanson * 619-379-2662 * romel@wavesoflife.biz

Free event - love donations are graciously accepted and will be given to Mission Hospice - who believe that the needs of their patients and their families and caregivers are best met through the services of an interdisciplinary group.

<http://www.missionhospice.com>



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REIKI – what is it?

Reiki means “universal life-force energy.” It is a gentle, hands-on, healing technique used to restore and balance the body’s life-force energy to heal emotional, spiritual and physical pain. Reiki is used for the healing of animals as well as people.

Reiki is a simple, very profound method of healing with the hands. It is done fully clothed, is non-invasive and non-manipulative. Reiki provides relaxation, relief from stress, reduces pain, and promotes balance and wellness for the body, mind, emotions, and spirit. Reiki is a technique started by Dr. Mikao Usui in 1914 in Japan.

Reiki - what are the benefits?

* Reiki helps to harmonize body, mind & spirit * Powerful & gentle healer * Promotes natural self-healing * Balances the energies in the body * Balances the organs & glands * Strengthens the immune system * Addresses symptoms & causes of illness * Relieves pain * Clears toxins * Enhances personal awareness * Relaxes and reduces stress * Promotes creativity * Releases blocked & suppressed feelings * Aids meditation and positive thinking *
* Heals holistically *

Romel Hokanson

Reiki Master/Teacher

**Certified Biofeedback Specialist * Spiritual Counselor
EFT/Emotional Freedom Technique * Nutrition Education**

To schedule a session or a class – Romel - 619.379.2662