

Rest Mode

25-MINUTE
VIRTUAL SEMINAR

Thursday,
October 21st,
4:00pm-4:25pm

Join us to learn what goes on inside your body when you're stressed versus when you rest. Learn why rest is essential for your wellness of body and mind, and be guided through a gentle reiki meditation to help you destress.



Presenter: Grace, Reiki Master Teacher



Join Us via Zoom!
MARINO WELLNESS