

Office of Public Relations
Pomona, NJ 08240

Stockton Professional Development Offers One-Day Course on Reiki as a Healing Modality

***Techniques to be Explored for Promotion of Physical,
Emotional and Spiritual Well-being***

For Immediate Release

Thursday, September 20, 2007

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Galloway Township, NJ – The Richard Stockton College of New Jersey's Professional Development and Continuing Education for Health and Human Services Division will present a one-day workshop on the body therapy modality of Reiki. Reiki is a healing therapy involved in the manipulation of chi, a form of energy believed to be found in all living things. It is a technique designed to reduce stress and to promote relaxation that can proved helpful to healing.

"Reiki as a Healing Modality: Concepts, Practice and Evidence" is scheduled for Saturday, September 29, 2007 on the Galloway Township campus. Cost of the course, is \$109 for Stockton College Alumni, \$129 for the general public and will be taught by Elaine L. Bukowski, PT, DPT, MS.

The workshop is designed to initiate participants into Reiki Level 1 certification competency. Students will learn the use of techniques to promote physical, emotional and spiritual well-being. Participants should wear loose, comfortable clothing.

The Kanji hand positions, Reiki sacred symbols, and the "lifting of the clouds" techniques will be among the aspects discussed and practiced. There will also be a discussion on the use of Reiki in the health care profession.

For additional information or to register, call (609) 652-4227 or log on to www.stockton.edu/hshs. For directions to Stockton, please visit www.stockton.edu.

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