



**Free Children's Clinic
Saturday, Feb. 3
10a - 1p
Cost: Free**

The Reiki Center's Children's Clinic is held on the first Saturday of each month from 10:00am-1:00pm. Our focus will be to provide the benefits of our most popular services to children up to age 12, in an age appropriate way. We will assist participants in learning how to navigate the stressful, pressure-filled world they live in through relaxation techniques, creative therapies and stress relief modalities such as Reiki, Laughter Yoga and Art Therapy techniques. We will also explore ways to quiet and focus the mind, manage breathing and recognize stress.

Children must be accompanied by a responsible adult the entire time they are at the Center. All activities will be held in an open setting. Ample free parking. Services provided by skilled volunteers from The Reiki Center and our sister agency, the Stone Soup Project.

Our goal is to help your child feel more confident, happier and peaceful.

We look forward to welcoming you on Saturday!



The Reiki Center
1540 West Fifth Avenue,
Columbus, Ohio 43212
(614) 486-8323
www.thereikicenter.net
email: office @thereikicenter.net