

Dear D 22 Member,

You are invited to a Meditation workshop presented by D 22 member Nicole Hartrell. (B.A., M. Ed. ,T.T.N).

After a career in teaching with the York Board of Education and the Dufferin-Peel Board, Nicole acquired her qualifications for energy healing (also known as Healing Touch or Reiki) through the Therapeutic Touch Network of Ontario. After volunteering her services in Senior Homes, she has also been offering treatments in her home along with healing weekly meditation sessions.

This will be the first in a series of weekly sessions that would include:

Breath work

Releasing tension

Energy healing techniques

Clearing negative thoughts and energies

Manifesting goals and wishes

Hope you can join us, Wear comfortable clothes. All you need is a chair and water to sip.

To join just click in the link below Join Zoom Meeting✈

Sheila

416 767-2406

416 801- 8978

Sheila Tait is inviting you to a scheduled Zoom meeting.

Topic: Meditation with Nicole Hartrell

Time: Feb 16, 2021 01:00 PM Eastern Time (US and Canada)

Join Zoom Meeting✈

<https://us02web.zoom.us/j/83917655737?pwd=SFRRaVdTV1h0Z1hoenByRC9kKy91UT09>

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