



REIKI LEVEL ONE

A PARTNERSHIP WITH THE LYMAN CENTER AND ROLLING RIDGE

FRIDAY, APRIL 13, 2012 FROM 9:00AM-5:00PM

FACILITATED BY GALE LYMAN

Retreat Leader: Gale Lyman

Gale Lyman, RN, HN-BC, CCM is a holistic nurse educator who respects the individualism of each client and student. During her 25+ years of nursing, she developed a deep sense of caring and wisdom. An engaging professional speaker, Gale has led programs in more than 20 states and in Europe. Her credentials include:

- Registered nurse with a Certificate in Integrative Nursing
- Bachelor of Science in nursing from Saint Anselm College
- Holistic Nurse-Board Certified (HN-BC)
- Reiki Master-Teacher
- Author of Reiki student & teacher handbooks
- Certified case manager (CCM)

Reiki (pronounced ray-key) means “Universal Life Force Energy.” Reiki provides relaxation and increased well-being to adults, children, and animals. It is a gentle self-directed form of energy healing, founded by Doctor Usui in Japan around the turn of the last century. The first level of Reiki teaches you to do Reiki on yourself, and serves as a foundation for students who wish to go on to learn how to do Reiki with others. Each student will practice Reiki during the class. The registration fee includes a light breakfast, sumptuous lunch, and a Certificate of Achievement.

Rolling Ridge

† Retreat and Conference Center

660 Great Pond Road, North Andover, MA 01845

REGISTER on line at www.rollingridge.org

or call our office at 978-682-8815

ALL MAJOR CREDIT CARDS ACCEPTED.

Email: thestaff@rollingridge.org

Registration : \$180

The Day includes your gourmet lunch. We suggest an early arrival time of 8:30am. Please let us know in advance should you have specific dietary needs, or desire to book a massage after your retreat.

Nurses earn 7.0 contact hours that comply with Massachusetts Board of Nurses 244 CMR 5:04