



Subject	<p><u>INFORMATION SESSION - REIKI</u></p> <p><u>ONE OF THE TOOLS TO REDUCE STRESS AND FEEL WELL YOU MAY ENJOY DURING LUNCH TIME</u></p>		
Date/Location/Time	<p>14 November 2013 13.00-14.00 Room 00-25 L 102 (DG AGRI)</p>		
Description	<p>Presentation will be given by C. Devillers (TAXUD-R4), Reiki Practitioner.</p> <p>Information session on Reiki, one of the tool to reduce stress and feel well you may enjoy during lunch time.</p> <p>The practice of Reiki is integral to your wellbeing. Reiki stimulates the capacity of your body to self-heal, enabling a state of relaxation and harmony, encouraging spiritual development and thus contributing towards personal transformation. The Reiki energy is transferred by the practitioner through individual sessions for your greater benefit. A session lasts about 60 minutes.</p> <p>Reiki sessions are provided during lunch time by colleagues reiki practitioners in several well-being rooms of the Commission.</p> <p>NB: Reiki is not a replacement for traditional therapeutic treatments, it supports them.</p> <p>Présentation in English, questions in French will be possible</p>		