

Reiki & Meditation

During this interactive program residents are guided through gentle mediation while being in a Reiki circle. Seated residents learn simple techniques to incorporate in their daily routine, raising awareness and the importance of self-care. Quiet music completes the experience.

This program may be used only once per TAP member site.

Program Type Single

Time 1 hour 30 minutes

Language English

Audience Adults, Elderly/Disabled

Season All Year

Topic Wellness

Region Boston, Metro Boston, Northeast, Southeast

Program Contact

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