

Free Reiki & Chair Massage

At the Community Labyrinth Walk

7:00 – 9:00 PM

7:00-7:15 p.m. - Orientation to the Labyrinth

7-8:30 pm - Free Reiki & Chair Massage mini sessions

2008 Calendar

<i>Tues. July 15</i>	<i>Thurs. Oct. 23</i>
<i>Tues. Aug 19</i>	<i>Mon. Nov. 24</i>
<i>Thurs. Sept. 25</i>	<i>Thurs. Dec. 11</i>

Experience the transformational power of the labyrinth combined with the deeply restorative energies of Reiki and chair massage. Join us for the community labyrinth walks scheduled above where local Reiki practitioners will offer hands-on mini sessions to anyone interested.

The Walk is free. Your donations are appreciated to help us cover the rental of the Chapel. Kindly spread the word to all who might join us for these powerful evenings of inner transformation and self-healing. Friends, neighbors, colleagues, and family members of all ages are welcome and invited.

Directions:

First Unitarian Church of Rochester
220 South Winton Road, Rochester, NY

The Unitarian Church of Rochester is located on Winton Road 2½ blocks south of East Avenue; there is a large parking lot north of the building. **From Interstate 590 northbound:** Take the Highland Avenue exit, turn left at the end of the exit ramp onto Highland Avenue. Then turn right at the next light (Winton Road), the church is 3½ blocks on the right. **From New York 590 southbound:** Take the Blossom Road exit, turn right at the end of the exit ramp onto Blossom Road. Take a left at the Winton Road intersection, and the church is about 1/2 mile on the left. **From Interstate 490 westbound:** Take the University Avenue exit to the stoplight, then turn left onto Winton Road. The church is located 3½ blocks on the left. **From Interstate 490 eastbound:** Take the Winton Road exit, and turn right at the light at the end of the exit ramp. The church is located 1½ blocks on the left.

For more information please contact:

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