March, 14-28, 2020

Reiki Recharge & Meditation Group Class

Company: CP BURN PILATES
Venue: CP BURN PILATES
Location: New York, NY

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Led by Master Instructor Or Reitman, this workshop is great for fitness professionals and artists or anyone working an emotionally or physically demanding job. Two hours are designed to make space for you to truly thank your hard working self, because you sure deserve it.

The Guided Meditation will create a safe and loving environment for a small group to acknowledge the stress accumulated in your body and mind. Gentle Reiki energy healing work will help you move the stagnant energy recharging your physical and mental batteries.

Class on 3/14/20 will take place from 2:00pm-4:00pm at CP BURN 79th Street location!

Class on 3/28/20 will take place from 2:00pm-4:00pm at CP BURN 1010 First Ave location!

$50 for intimate 2 hour Reiki Session! 9 spots available!

Call 212-758-1010 to book your session or search for CP BURN Pilates on the MINDBODY App!

CP BURN PILATES
187 E 79th St FL 2 New York, NY 10075 1010 First Ave New York, New York 10022
New York, NY, 10075
212-758-1010

Schedule
March 14, 2020: 2:00pm
March 28, 2020: 2:00pm

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