

# RELAXATION & HEALING



## HEART-IN-HAND SERVICES

### For Clients, Caregivers, Volunteers & Community Members

**HEART RHYTHMS DRUM CIRCLE** relieves stress, releases tension and provides an outlet for difficult emotions. Follow the leader for a two-hour session of drumming as a group. Participants may bring their own drum or shaker, or use an instrument provided by Hospice SLO County. **First Friday of every month from 5:00 - 7:00 pm. To reserve your space, please call our office at (805) 544-2266.**

**REIKI** is a gentle, natural and reassuring energy intended to support the healing process on all levels: physical, mental, emotional and spiritual. Reiki can be deeply relaxing, allowing individuals to reach a state of profound rest and thus replenish the body's own healing energy. **First and third Thursday day & fourth Thursday evening. To reserve your space, please call our office at (805) 544-2266.**

**YOGA NIDRA** can help people relax, recover from stress, and heal from illness. It also has reported benefits that can enhance health and strengthen life purpose. Practiced in the lying position, Yoga Nidra is one of the most popular yoga meditation techniques because it can induce a profoundly deep state of rest. Attendees may bring a yoga mat, towel or blanket if desired. **No preregistration is required, however late participants may not be allowed to enter the class if it has begun. Every Wednesday from 2:30 - 4:30 pm.**

**ALL SERVICES ARE PROVIDED FREE OF CHARGE.**

***Donations always gratefully accepted.***