



Join Us for a Free Reiki Information Session with Reiki Master Carrie Chilcott

Reiki is a spiritual healing art with its roots in Japanese origin. The word Reiki comes from the Japanese word **(Rei)** which means “Universal Life” and **(Ki)** which means “Energy”.

Curious about Reiki, its benefits, and how it can support both your well-being and your ability to help others?

Come learn what Reiki is, how it works, and simple ways you can bring its gentle benefits into everyday life.

Carrie Chilcott, Reiki Master, will share her experiences, answer your questions, and offer an opportunity to receive a sample of Reiki

**MONDAY, MARCH 16, 2026
2:00 PM TO 3:00 PM EST
VIRTUAL VIA ZOOM**

**PalCare’s 2026 Reiki Training Sessions with
Master Carrie Chilcott**

**Reiki 1 Saturday, May 16, 2026 Fee: \$150
Reiki 2 Saturday, September 12, 2026 Fee: \$175**
at Margaret Bahen Hospice in Newmarket.

All are warmly welcome

Register at

<https://www.mypalcare.org/workshop>

