

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.**

ALL SERVICES ARE PROVIDED FREE OF CHARGE.

Donations always gratefully accepted.