



REIKI QIGONG FOR HYPERTENSION AND STRESS

**JOIN US ON SATURDAY, MAY 6, 2023
12-1 PM
PRISCILLA GARDNER MAIN LIBRARY
472 JERSEY AVENUE - 4TH FLOOR
JERSEY CITY, NJ 07302**

Presenter, Brendan Thorson

Make your health your priority.
Attend this final class and take steps towards a better lifestyle!



Hypertension & Stress. Heart, Kidney & Adrenal Health: Reiki Qigong Class

In this class we will use Genesis Reiki Qigong energy exercises to increase the vitality of the kidneys, adrenal glands, heart, the parasympathetic nervous system, and endocrine system to help with hypertension and stress, and improve vitality, relaxation, being grounded, and feeling refreshed.

Through Genesis reiki qigong training one can increase the vitality of their parasympathetic nervous system, endocrine system, organs and endocrine glands like the kidneys, heart, stomach, adrenal glands, thyroid, and reproductive glands so one can restore vitality, heal, look younger and feel younger.

Qigong Instructor Brendan Thorson:

Instructor Brendan Thorson LMT, Genesis Reiki & Qigong founder and master energy healer, author, has taught Qigong, Reiki & Tai Chi for over 20 years. Brendan has helped people w/ cancer, ADD, Bipolar, Chronic Fatigue, anger, depression, concussions... Genesis Reiki & Qigong has radically improved Brendan's health and quality of life.

Brendan Thorson's Contact Information

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