



## Indigenous Reiki TM

2018-2019

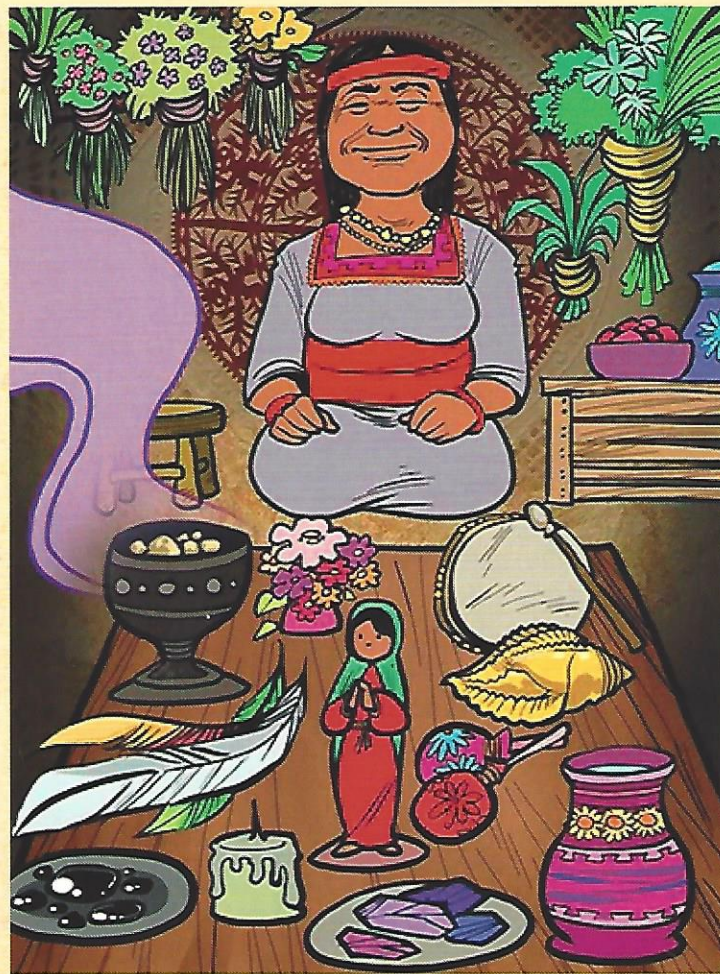
Reiki I September 29-30 Two Days \$100.00

Reiki I November 10-11 Two Days \$100

Reiki II 2019 February and March three Days  
\$300 Date/Location TBD

Reiki Master Program 16 months. \$1600  
includes class time and practice.

Sofia Chavez Doctor of Natural Medicine DNM Board  
Certified by the American Naturopathic Medical  
Association. eBooks on Amazon and Smash Words,  
App found on iTunes Store



### Indigenous Reiki Tapping into the Meridian Labyrinth of the Body using the Curanderismo perspective TM

Sign up via pay pal

Website [EstaraPrograms.com](http://EstaraPrograms.com)

For information and location

Call: Pearl Lopez

310-947-4409

Modern Medical Knowledge  
combined with  
Culturally Based Care of  
Indigenous Traditional Medicine  
and Complementary And  
Alternative Therapies

Indigenous Cultures believe the physical body is sacred.  
It is the "Temple" where our Divinity resides.

Estara's Indigenous Reiki Classes include modalities  
common in Culturally Based Care. Learn the Reiki Principles  
along with ancient indigenous concepts of the meridian body.  
The meridian body relates to acupuncture and how energy  
flows through the body. Learn about the Sacred Directions,  
Elements, Stars and how they influence health. These classes  
combine traditional Usui Reiki principles with ancient traditions  
of utilizing sounds, stones and plants of the Southwestern  
United States.

This unique form of Indigenous Reiki has been utilized in  
research and clinical settings for anxiety, depression, chronic  
pain and more. It was included in an article by Dr. Sofia  
Chavez, "The Effects of Auricular Therapy and Traditional  
Mexican Healing Modalities on Bipolar Disorder" published in  
November 2017 by the American Naturopathic Medical  
Association.