



Chicago Healing Studio PRIDE Parade Handout

Client: Chicago Healing Studio

Agency: N/A

Media: 2.5" x 4" 4-color Card with Calendar on Reverse

Audience: 5,000 Parade-goers

Message: When you're stressed out, Reiki will relax you.

Relaxation Techniques from Chicago Healing Studio

When the stress of your busy, fast-paced life catches up with you, start to relax with these simple steps:

1. Sit or lie comfortably in a quiet place.
2. Close your eyes.
3. Breathe deeply and slowly, filling your lungs completely.
4. Notice your heart rate slowing with your breathing.

Then mix and match the techniques that work for you:

- o Clear your mind and focus on your breathing, a soothing affirmation, or a simple object.
- o Imagine yourself in a relaxing place.
- o Tense your toes. Then relax them. Feel the difference. Do this with all your muscles, all the way up to your face.

Still stressed out? You need Reiki no-touch energy healing from Erik LaBelle, Reiki Master / Teacher. You'll feel refreshed, relaxed and reinvigorated in just 30 minutes!

Call Erik at **312-504-7693** to schedule a **\$10** session now!

Chicago Healing Studio Erik LaBelle, RMT
963 W 35th Pl Chicago, IL 60609
www.chicagohealingstudio.com 312-504-7693

Chicago Healing Studio Relax with Reiki in 2007 | 2008

<p><i>July</i></p> <p>S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p><i>August</i></p> <p>S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p><i>September</i></p> <p>S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</p>
<p><i>October</i></p> <p>S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p><i>November</i></p> <p>S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</p>	<p><i>December</i></p> <p>S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>
<p><i>January</i></p> <p>S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p><i>February</i></p> <p>S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29</p>	<p><i>March</i></p> <p>S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>
<p><i>April</i></p> <p>S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</p>	<p><i>May</i></p> <p>S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31</p>	<p><i>June</i></p> <p>S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30</p>

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