



Reiki First Degree Attunement

Explore:
 History of Reiki
 Level one attunement
 How to channel a Reiki session
 Scanning, hand positions and self-care
 Listening to your intuition
 Practice hands-on with instruction

The Moon Shadow Collective

moonshadowco.com

Elemental Grounding Class

Explore:
 The power of being grounded
 Using our breath
 Grounding in nature
 Techniques for grounding on-the-go
 Simple grounding meditations

The Moon Shadow Collective

moonshadowco.com

Chakra Basics Class

Explore:
 Each Chakra
 Functions
 Colors and Sounds
 Balance and Imbalance
 Chakra Meditation and More

The Moon Shadow Collective

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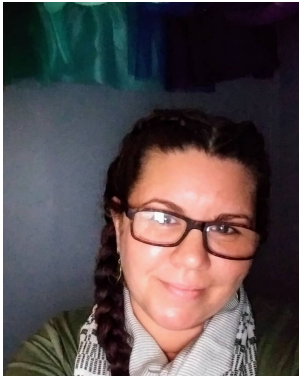
We are excited to announce our first series of classes. Explore with your guide, Reiki practitioner and teacher (Master), Jamie McCormack. Begin with two

symbol of the Reiki system in our [Reiki First Degree Attunement \(Reiki I\)](#) workshop at The Moon Shadow Collective inside Tacoma's historic Freighthouse Marketplace.

Elemental Grounding and Chakra Basics are prerequisites for our Reiki First Degree Attunement (Reiki I) workshop students. We have chosen to offer these classes first so all students come to Reiki I ready to get attuned and immerse themselves in an interactive environment that includes discussion and hands-on instruction. To learn more about the why behind our prerequisites, check out this article on our [blog](#).

Classes and trainings with Jamie are intended to be purposeful, deep experiences that provide you with knowledge you can put to use in your personal and professional life right away in a fun environment that encourages individual and group exploration.

About Jamie



Jamie is a seeker who has been exploring her spiritual path most of her life. She has worked professionally as a writer, and in advertising, and is currently the managing partner and Reiki Master at The Moon Shadow Collective in Tacoma, Washington. She has been guiding and teaching others for nearly twenty years; her classes have ranged from broadcasting and production for elementary school students, creative writing for adults to soccer for kids and adults. As an Empath, whose hands were always a-buzz in the midst of others, Jamie sought out Reiki training to understand healing on a deeper level. Opening the door to energy healing helped give Jamie the confidence to expand her studies into herbalism, meditation and chakra healing.

Class Schedules and Bundle Pricing

November Class Dates

7:00 pm - 9:00 pm

[Click Here to Register](#)

- Chakra Basics (Online Course)

November 21, 2019

7:00 pm - 9:00 pm

[Click Here to Register](#)

December Class Dates

- Reiki First Degree Attunement (Reiki I)
Onsite @ [The Moon Shadow Collective](#)
December 7, 2019 10:00 am - 4:30 pm
[Click Here to Register](#)

Save 20% with a class bundle!

Students who purchase the Elemental Grounding Class, Chakra Basics Class and Reiki First Degree Attunement (Reiki I) together save 20% off the total cost. Students who would like to purchase classes individually will receive 10% off Reiki I for the 12/7/19 class date only. Simply choose any of these three classes on our [calendar page](#) and click the PayPal link to pay and register.



A luminous new addition to the boutique comes from May's. She's added hand-

salts, milk baths and body care products. At just \$10 each, May's hand-poured candles make a lovely gift!
Instagram: maysproducts

Meet our readers!

Candi Morgan (Psychic Readings by Candi)



Candi is a natural intuitive with over four decades reading palm and tarot. She also works with playing cards and the Shekinah Mountainwaters Women Runes. Candi's background as a healer, past life regression practitioner and solitary Wiccan make her a wonderful reader for those in search of deeper meaning in their lives. Walk-ins are welcome or send us a [message](#) to book your space ahead of time. Candi is on-site at The Moon Shadow Collective most Saturdays from 12:00 pm - 4:00 pm and will soon be offering fun, interactive classes.

Sherry Hellmann, LMP / Oracle Card Reader



Sherry is an intuitive healer with many talents, including a knack for creating imaginative dreamcatchers. For over 10 years Sherry has been a licensed massage therapist blending her intuitive abilities with her traditional training. Every Wednesday, Sherry joins us at The Moon Shadow Collective offering seated massage and oracle card readings. Whether you choose a hands-on

Upcoming Events in November

- Empaths Support Circle
Onsite at The Moon Shadow Collective
Wednesday, November 20, 2019
5:30 pm - 7:00 pm
\$10 suggested donation
[Click Here to Register](#)
- Empaths Support Circle
Onsite at The Moon Shadow Collective
Saturday, November 23, 2019
10:30 am - 12:00 pm
\$10 suggested donation
[Click Here to Register](#)



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