

# Nia and Reiki Workshop

Claudia Salomon /Lisa Vaughan

2.5 hours Light refreshment

\$20.00 in advance/ \$25.00 at door

Exploring universal JOY (body- mind- spirit)

Saturday June 11, 2016 – 10:00am to 12:30pm

Nia routine followed by break / socializing ending with Reiki Energy Healing for relaxation, with Guided Meditation

**Historic Rockburn in Elkridge Maryland**

**6581 Belmont Woods Road**

**Elkridge, Maryland 21075-5202**



RSVP.....no later than May 28<sup>th</sup>

FOLLOW AND LEARN MORE ABOUT THE PRESENTERS:

Lisa Vaughan [www.lisavaughanreiki.com](http://www.lisavaughanreiki.com)

Claudia Salomon [www.uniquelysalomon.com](http://www.uniquelysalomon.com)

**Rockburn**  
**6581 Belmont Woods Road**  
**Elkridge, Maryland 21075-5202**

From Baltimore (West):

Beltway I-695 to Exit I-95 South (Washington) to Exit I-195 East (BWI Airport). Exit at Route 1 South (Elkridge) and proceed 1.5 miles to Montgomery Road. Turn right (west) and proceed as \*\*\*

From Baltimore (East):

Take Harbor Tunnel Thruway (I-895) South and exit at Route 1. Proceed south 1.5 mile to Montgomery Road. Turn right (west) and proceed as \*\*\*

From Washington, DC:

Beltway I-495 to I-95 North (Baltimore). Exit at Route 100 East (Glen Burnie) and exit Route 1 North; continue approximately 2 miles to Montgomery Road. Turn left (west) and proceed as \*\*\*

From Delaware County and Philadelphia:

Take I-95 south. Take Harbor Tunnel Thruway-Annapolis (I-895) through the tunnel and exit at Route 1 (Elkridge). Proceed south 1.5 mile to Montgomery Road. Turn right (west) and proceed as \*\*\*

\*\*\*Continue on Montgomery Road until you have crossed over I-95 bridge (about 1 mile). Turn right (north) onto the road immediately west of I-95 – Elibank Road. After 50 yards, turn left onto road marked with a “Belmont” sign. Continue 0.25 mile to first blacktop drive on the right, marked with “6581.” Rockburn Institute is in the red brick house at the top of the hill. If you cross the single-lane bridge, you have passed Rockburn.