

### **Training Location:**

Central Pennsylvania Institute of  
Science and Technology (CPI)  
540 North Harrison Road  
Pleasant Gap, Pa. 16823  
Office 1-814-359-2095

### **Central PA HCQU**

Providing training and technical  
assistance for caregivers of people  
with developmental disabilities.  
Serving Blair, Centre, Columbia,  
Montour, Snyder, Union,  
Huntingdon, Mifflin, Juniata,  
Lycoming, Clinton,  
Northumberland, and Schuylkill  
counties.

[www.geisinger.org/hcqu](http://www.geisinger.org/hcqu)

### **Registration Form**

Agency:

Contact Person and Phone Number:

Participant Name/Email Address

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7.

*Please email this completed form to  
[cjleighow@geisinger.edu](mailto:cjleighow@geisinger.edu)*

*Or fax to 570-271-7241.*

*Registration deadline is April 2, 2011.*

## **Nurses Training Day**

### ***Learning From the Ancients***

*Presented by  
Sylvia M DeSantis, M.A.  
Usui/Tibetan Reiki Master-Teacher*

**April 12, 2012**

**8:30 am -3:00 pm**

**CPI**

**Pleasant Gap, Pa.**

Non-nursing staff  
are welcome to attend.

Geisinger Health System is an approved  
provider of continuing nursing education by  
the PA State Nurses Association, an  
accredited approver by the American Nurses  
Credentialing Center's Commission on  
Accreditation.

**Free  
CEU's**

**Sponsored by The Central PA  
Health Care Quality Unit**

## Workshop Description

This workshop welcomes individuals of all skill levels, from those who know little about holistic health but want to take charge of their own wellness, to body workers and massage therapists interested in adding easy and effective techniques to their protocol.

While reviewing basic concepts of reiki self-healing, easy-to-do shiatsu holds, and effective reflexology points, participants will practice in their chairs safe, simple, take-home techniques for addressing common complaints such as insomnia, upset stomach, and anxiety.

During Learning from the Ancients, participants will:

- Discuss prior knowledge of energy work
- Demonstrate the use of *gassho* meditation in preparing for reiki
- Demonstrate knowledge in reiki self-healing
- Demonstrate knowledge in shiatsu acupressure points
- Demonstrate knowledge in reflexology holds.

There is no prerequisite for this class.

*Seven Sacred Breaths Integrative Healing*

[www.7sacredbreaths.com](http://www.7sacredbreaths.com)

## Training Agenda

8:30-9:00 Registration

9:00-10:00 Training

10:00 - 10:15 Break

10:15 - 10:45 Table Time \*\*

10:45 - 11:30 Training

11:30-12:30 (*Please bring a brown bag lunch and plan on eating at the facility*)

12:30 - 1:30 Training

1:30 - 2:00 Table Time \*\*

2:00 - 2:15 Break

2:15 - 3:00 Training

3:00 Questions/answers session and evaluations

**\*\*'TABLE TIME' IS FOR THE HANDS-ON EXPERIENCE**