

Registration Limited  
to 8 participants  
\$125.00

To register for the June 11 Workshop:  
[https://our.hanover.edu/  
communityworkshop](https://our.hanover.edu/communityworkshop)

Hanover College  
Community Workshop  
Summer Series  
2022

Reiki, Mindfulness, and Meditation  
June 11, 2022

Creating Oral Histories:  
Historic Madison, Inc. Tours  
July 23, 2022

Ballroom Dance  
August, 15, 20, September 1, 2022

Workshop Includes:

- Introduction to Reiki, Mindfulness, and Meditation
- Individual Reiki Session
- Guided Meditation Sessions
- Lunch
- Campus Tour (optional)



Community  
Workshop

REIKI,  
MINDFULNESS,  
&  
MEDITATION

Saturday, June 11, 2022  
8:30am-5:00pm

Hanover College  
Ogle Center



## Please join us for a Community Workshop Saturday June 11

If you'd like to spend the entire weekend,  
consider starting Friday night with Music in  
the Park

<https://visitmadison.org/event/music-in-the-park/>



Stay the night in your choice of Fairfield  
Inn Historic Cotton Mill or a local Airbnb.

[https://www.marriott.com/hotels/travel/  
sdfffm-fairfield-inn-and-suites-madison-in/](https://www.marriott.com/hotels/travel/sdfffm-fairfield-inn-and-suites-madison-in/)



Spend Saturday on Hanover College  
Campus, and take in the garden tour on  
Sunday, visiting private gardens located in  
the Madison historic district.

<https://visitmadison.org/event/madisoninbloom/>

## Reiki

Many cultures have embraced the belief that life energy flows through the body, deeply affecting our entire being. Current research strongly suggests that energy flows throughout and radiates beyond the physical body, and that disruptions or imbalances in its flow correlate to physical, mental, and emotional illness. The Japanese healing art of Reiki (Pronounced “Ray key”) gently addresses these imbalances to support your health and well-being.

## Mindfulness & Meditation

Mindfulness is a simple concept but challenging to incorporate into busy lives. Mindfulness is the practice of paying attention so that we are fully present, and Meditation is the exercise of paying attention. Mindfulness and Meditation have well documented health benefits and has been referred to as the next Public Health Revolution much like jogging and smoking cessation have been in recent decades. For this reason, it is not surprising to see these skills practiced by all folks: from professional athletes to business professionals to elementary school children.

## Meet Your Instructors

Vicki Jenkins, Ph.D.,  
reiki master

A lifelong interest in Asian philosophical and spiritual traditions has guided my personal and academic life. I've been especially drawn to their techniques for creating a harmonious balance of body, mind, and spirit. In 2003, a chance coffee and cookie conversation (with Sue Jinks) just before a trip to Japan, opened the door to reiki. My first reiki recipients were my dogs and cats – a tradition that still continues. For nine years I taught a Hanover spring term Course which included teaching reiki to the students. Whether trekking in the Himalayas, walking my dogs in the woods of southern Indiana, or teaching philosophy to sometimes reluctant students, I always remember the potential power of a cookie!



Catherine LeSaux, LCSW,  
Meditation Teacher



Mindfulness practice is a skill that I use personally, and professionally as Director of Counseling at Hanover College. My focus is often aligned with Positive Psychology that examines habits and practices that support our well-being. Not surprisingly, meditation is one of those practices. A highlight of my ten years at Hanover has been teaching courses on the science behind Happiness, and Flourishing and Wellbeing in Copenhagen.

Sue Jinks, MA, reiki master

I remember the first time I learned about Reiki. I was in the hall supervising students before first period having a conversation with another teacher about stress. She shared her experience with Reiki and I was intrigued. That was 1998. I knew after my first session that Reiki was going to be a part of my life. I have been a Reiki Master Teacher since 2002.

