

Patricia Tafoya

Reiki Master & Integrative Health Practitioner



About Her

"I always knew my purpose was to serve others by helping them heal. I spent many years trying to heal myself. As my physical health suffered, so did my mental and spiritual health. I was on a mission to self-heal. So I enrolled in Red Rocks Community College's Integrative Health Program.

It was where I connected my personal healing journey with real education. I obtained my certificate as an Integrative Health Practitioner and Reiki Master.

Reiki has truly been a catalyst in my own healing journey that I just knew I had to share with my community! I am extremely passionate to combine my own healing experience and educational background to create a safe space for others' healing.

Reiki is used for stress reduction and relaxation to promote total healing through mind, body, and spirit."