

WHAT MIGHT I FEEL?

Deep relaxation, heat from the practitioner's hands, a feeling of floating, or lightness, feeling of energy running through your body. Feeling loved and safe. Every person has a unique experience but leave the session with a greater sense of clarity and peace. Over time a build up of trauma, tension, underlying stress and anxiety are stored in our bodies and energy centres. Reiki helps release these. Having a treatment plan helps to produce long-term benefits.

REIKI HELPS REMOVE BLOCKAGES THAT ARE HOLDING YOU BACK



REIKI IS THE LIFE ENERGY THAT FLOWS THROUGH ALL LIVING THINGS

Contact us:

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BALANCE IS QI

Reiki is not a substitute for medical treatment. If you have any symptoms of illness you should see your doctor.

Reiki is safe and will complement any form of medical treatment.



Bring yourself into balance with Reiki

BALANCE IS QI

The Benefits

EVERYONE CAN BENEFIT FROM REIKI -MEN, WOMEN AND CHILDREN

Reiki provides:

- Deep Relaxation
- Reduced Stress and Anxiety
- Boosted energy levels
- A feeling of inner calm, contentment and serenity
- A speeding up of the natural healing process

Reiki can also help you to:

- Feel more positive, confident and better able to cope
- Deal better with stressful situations and people
- Develop a strong sense of purpose and clarity
- Remove clutter or things that no longer serve you in your life
- Enjoy a better quality of life

"PATIENTS HAVE REPORTED DEEP RELAXATION AND A SENSE OF PROFOUND HEALING, AFTER ONE SESSION"

Columbia Integrative Medicine

"REIKI PROVIDES A DEEP SENSE OF CALM TO MOTHER AND BABY"

Reiki during pregnancy can be a gentle, yet powerful, non-invasive treatment that may help symptoms such as:

- tiredness
- emotional and physical support
- morning sickness and fatigue
- mood changes
- high blood pressure
- stress
- Emotional disruption experienced both during and after pregnancy

Reiki is also beneficial for the expectant fathers.



"REIKI IS LOVE, LOVE IS WHOLENESS, WHOLENESS IS BALANCE, BALANCE IS WELLBEING"

REIKI TREATMENTS

Receiving Reiki is a simple process. You can lie on your back or sit in a chair, whichever is more comfortable. Your only job is to relax, be open to the loving energy flowing and be present as you let yourself recharge.

The practitioner will gently place their hands on various energy centers on and around your body. Clearing any blockages and bringing you back to a state of balance. You remain fully clothed throughout the treatment.