

*"The Journey
Towards Health
Begins with a Single
Step."*

CONTACT
INFORMATION

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BY

HOW IS REIKI DIFFERENT FROM OTHER THERAPIES?

Reiki is holistic in its approach and works with not only the symptoms an individual experiences but the root cause of the imbalance as well.

HOW DO I KNOW THIS IS RIGHT FOR ME?

People who have a nagging feeling that something in their life or body mind is out of balance or they feel like they are struggling within themselves and their environment usually find Reiki at the perfect time for them. The fact that you are reading this brochure could be the sign that your body mind is ready to heal and experience growth.

Experience the many of benefits of Reiki. A Reiki session is usually very relaxing for the client.

WHAT TO EXPECT DURING A REIKI SESSION?

You will complete a confidential client history form that outlines the areas in your body and life that you would like the session to focus on. This will also help the practitioner monitor your progress from session to session. Once you have asked any questions you have, you will lie fully clothed on a therapy table and relax. The practitioner will place their hands above your body over various parts in a sequential method. At the end of the session, you can discuss any questions you may have with the practitioner.

WHAT REIKI CAN DO

Reiki works with the energetic, physical and emotional aspects of the individual to address imbalances on all levels.

Reasons you may want to experience a Reiki session:

- **GENERAL BALANCING**
- **CLEARING EMOTIONAL BLOCKS**
- **PHYSICAL PAIN**
- **INCREASING CLARITY**
- **ISSUES WITH LIFE**