



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

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Full PPE Fully insured



Also Animal Reiki Practitioner



I am a founder member of 'Raise your Vibration' originator Kyle Gray



The Journey Towards
Health Begins with a Single
Step

REIKI BY
SANDRA MAYSON IPHM
Reiki Master Practitioner



DISTANCE REIKI

Distance Reiki appointment can also be booked for you or your pet, this would be at a designated time agreed between you and the practitioner, you would sit close your eyes and relax.

With animals we always choose a time when the animal is normally resting/relaxed.



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.

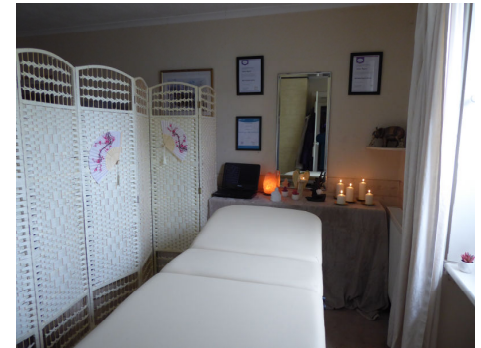


Many people trust in reiki to alleviate pain, stress and anxiety, which is why it's now offered as a complementary therapy in some NHS trusts.

Reiki helps to restore the body's natural ability to heal and create balance

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.



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.