



A QUICK INTRODUCTION

REIKI

A MIND/BODY HEALING TECHNIQUE

A Mind/Body Healing Technique that Originates from Japan

Reiki is a healing practice that offers relaxation, supports personal development, fosters resilience and helps us to connect with our innermost selves. Reiki energy is all around us, we “swim” in it every day.

In a session, a trained practitioner connects with Reiki energy and invites the client into this connection, allowing the individual to experience the calming and healing effects of Reiki.



A Mind/Body Healing Technique For Many

Many people seek Reiki treatments for the calming, rejuvenating experience, as it does have a relaxing effect that helps one to feel renewed. Some individuals want Reiki for pain relief or a reprieve from chronic discomfort from illness. Still others are interested in their personal spiritual development, wanting to be their best selves.

In all cases, Reiki is safe and non-invasive and is a gentle partner in all mental and physical health care, including medical treatment.

A REIKI SESSION

DURATION

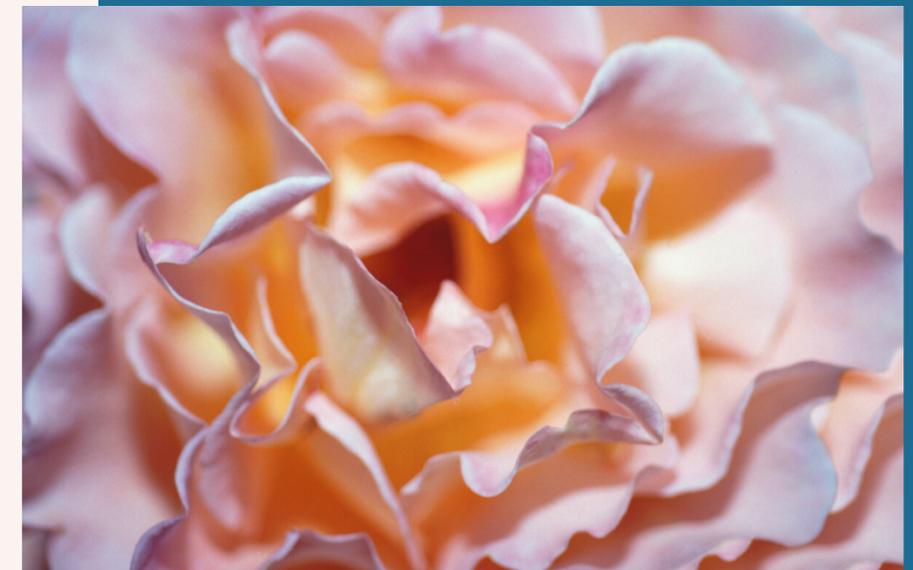
You may schedule a 30 or 60 minute Reiki session

LOCATION

Our special serene and cozy services room at YogaMoves

PRACTITIONERS

YogaMoves has one experienced Reiki practitioner





When you receive a Reiki treatment, you lie on a comfy padded table, fully clothed.

The practitioner uses their hands with light touch or in a hovering position just above the body.

A protocol of hand positions covering the major organs and glandular systems of the body will be used; and on any area that may be of particular concern the client

DURING THE SESSION

The practitioner begins the session with a brief breathing meditation; music is optional if the client would like it to accompany their treatment.

REIKI BENEFITS

PROMOTES RELAXATION

Reduces stress and improves sleep

IMPROVES BODY'S NATURAL HEALING PROCESS

Assists the body in clearing-out toxins

IMPROVES EMOTIONAL, MENTAL & SPIRITUAL WELL BEING

Balances mind and emotions such as fear,
frustration and anger



WHEN I HAVE A REIKI TREATMENT,
IT FEELS LIKE A RESET.”

“A REIKI SESSION
IS LIKE A MINI VACATION.”

“REIKI FEELS LIKE A SOFT PILLOW.”



“IT’S LIKE I FELT CONNECTED TO
EVERYONE AND EVERYTHING.”

“I WAS SO RELAXED,
I FELL ASLEEP.”