



## REIKI



### What is Reiki?

- Japanese form of gentle energy healing
- Hands are laid on & above the body
- Suitable for almost any condition
- No clothing is removed

Balances the body's energy on a physical and emotional level through the transmission of energy, over key points around the body, organs and the seven major chakra points.

### Positive results:

- Promotes a sense of well being
- Helps to clear energy blocks
- Detoxifies the system
- Deeply relaxing

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