

What is Reiki?

It is a gentle method of hands-on healing that taps into the body's own energy. Reiki allows universal energy to flow, not from the practitioner but rather through the practitioner, to you.

Reiki is a technique that addresses both chronic and acute conditions, gently and powerfully promoting balance among all the body's systems and the regenerative process of body and mind. Reiki is not massage, hypnosis or a tool for diagnosing illness or replacement for medical treatment.

What is a Reiki Session like?

To receive Reiki, most people lie on a table fully clothed. Little or no pressure is applied and no oils are used. The technique is so adaptable that you can receive it in almost any setting.

Though Reiki techniques appear simple, the effects can feel profound. Most people experience deep relaxation. You may also feel tingling, pulsing, a feeling of warmth and comfort, or you may fall asleep.

What Reiki can mean for you?

Reiki can alleviate pain and stress, and promote restful sleep, healing and relaxation. Relaxation can provide a heightened sense of well-being, release of painful muscle tension and relief from anxiety and depression. In addition, relaxation has been shown to help restore immune function and improve circulation, enhancing healing throughout the body.

Reiki is not only healthful, but pleasurable. Call today to set up your appointment!

Reiki Sessions at *Amherst Yoga*

1 hour session \$65.00

1/2 hour session \$40.00

www.AmherstYoga.com

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