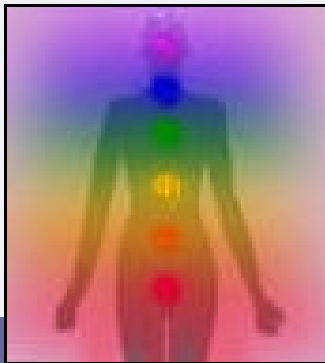
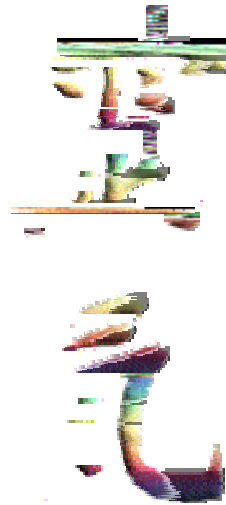


WHY REIKI?

- ? Balances energy by helping to release blockages
- ? Relieves stress & amplifies vitality
- ? Works on the cause of the problem by healing on physical, emotional and spiritual levels
- ? Induces a deep level of relaxation for the benefit of wellness
- ? Reactivates the body's natural ability to heal itself
- ? Compliments traditional medical treatments
- ? Can be applied to humans, plants and animals
- ? Effective for pain management
- ? Safe and appropriate for all ages
- ? Promotes a sense of well-being



The seven major Chakras (energy centers)



Reiki Treatment Sessions
And
Reiki Certification Classes

Prices are subject change 6/07

Reiki



For Your
Mind, Body
and Spirit

Beneficial Bodyworks



151 Route 27
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(603) 231-4702
www.beneficialbodyworks.com

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What is Reiki?

Reiki (pronounced Ray– Kee), an ancient healing tradition, was rediscovered in the late 19th century by Dr. Mikao Usui in Japan. The word Reiki comes from two Kanji symbols. Rei, meaning universal life force and Ki , meaning energy.



Reiki is a simple, yet very powerful, hands on light-touch technique that reduces stress, promotes relaxation and balances emotions. Reiki increases your energy level and sense of well-being promoting personal growth and healing on emotional, physical and spiritual levels. Reiki is an appropriate treatment for all ages from infancy to the elderly. Reiki is used in hospitals, nursing homes and hospice programs. A full Reiki treatment lasts approximately one hour.

What happens during a Reiki session?

Reiki treatments do not involve massage and as such are able to be given in a variety of places.

During a Reiki session the client remains fully clothed. Treatment may be given while the recipient lies on a massage table, sits in a chair or stands. The practitioner lightly places their hands on or above key positions of the body facilitating the flow of energy.

What are Reiki certification classes?

The ability to facilitate the flow of Reiki cannot be learned from a book. One must be attuned by a Reiki Master to re-activate their connection to the Universal Life Force. I offer Reiki I, Reiki II and Reiki Master training and certification.

Schedule of Services

As a Certified Reiki Master trained in Usui Shiki Ryoho I offer the following services:

Reiki Treatment
\$45. 00

Reiki First Degree Certification
\$75.00

Reiki Second Degree Certification
\$85.00

Reiki Master Apprenticeship
Call for more information

Still not sure? Call today for your complimentary 15 minute treatment at our next monthly Reiki clinic.

Fully insured and a member in good standing of the International Association of Reiki Professionals.

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