



The Basics

Benefits of Reiki:

- Relieves Stress & Tension
- Reduces Anxiety
- Relieves Depression
- Encourages Mental Clarity
- Strengthens Self-Esteem
- Heightens Self-Awareness
- Strengthens Intuition
- Balances Energy Centers
- Improves Sleep
- Soothes Digestion
- Promotes Health and Wellbeing
- Aids in Pain Management
- Offers Support for Recovery

Reference:
highbornalchemy.com

WHAT IS REIKI?

REIKI (RAY-KEE) IS A FORM OF ENERGY HEALING THAT WAS DISCOVERED BY DR. MIKAO USUI OF JAPAN IN THE EARLY 20TH CENTURY.

"REI" CAN BE TRANSLATED TO MEAN HIGHER POWER AND "KI" (CHI OR PRANA) MEANS LIFE FORCE ENERGY. REIKI IS A TECHNIQUE FOR STRESS REDUCTION AND RELAXATION THAT ALLOWS EVERYONE TO TAP INTO AN UNLIMITED "LIFE FORCE ENERGY" TO IMPROVE HEALTH AND ENHANCE THE QUALITY OF LIFE.



What to Expect:

The recipient will lie down on a reiki table fully clothed. The reiki practitioner will place their hands gently on the recipient's body, or just above the body. The practitioner will typically change the positioning of their hands several times as the treatment progresses. You may feel some warmth or coolness, tingling or simply relaxed. Some people may see colors or visuals.

A reiki session with Faatima includes 45 minutes to an hour of reiki, followed by a 15-20 minute relaxing sound bath. Please dress comfortably.

Covid-19 Safety Guidelines

For the continued safety of all, please do not enter or attend if you are not feeling well. Please reschedule by contacting Faatima at faatima.yogaflow@gmail.com if any of the following apply to you:

- You have symptoms of COVID-19 or acute illness (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting or diarrhea)
- You have tested positive for COVID-19 or been presumed to have COVID-19 and continue to experience symptoms of COVID-19 including fever
- You are currently under quarantine for any reason

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