



Currently I am able to offer Distance (remote) Reiki sessions as below:

**Traditional Distance (receiving Reiki at a scheduled time)- 30 minutes £40 GBP**

In this session, I will contact you (via text message or email) just before the scheduled time to let you know that I will be starting the treatment. Some clients like to lie down or sit in a quiet place for the duration of the treatment; others like to receive whilst continuing on with their day.

The only necessity is that you are open to receiving reiki at this time.

After the treatment, I can inform you of any sensations or insights I get.

In order to connect I will need a recent photograph, your full name and location at the time of the treatment to form the virtual link.

**Live video connection via zoom at a scheduled time (30 minutes/ £45 GBP or 60 minutes / £90 GBP)**

In this session, we will connect via zoom at a scheduled time.

Prior to starting treatment, we can have a discussion about any specific areas you wish for me to focus on, or I can start the treatment covering all the chakras.

You may wish to listen to your own music or I can play some relaxing music. I will not communicate with you during the session but you will be able to relax knowing that I am in the background. Following treatment completion, I can share insights and sensations and you can also discuss anything you felt, or experienced.

**Please note each session will be your own. Some clients feel emotions or physical sensations, others feel nothing at all. You will however have received the treatment and it is advisable to drink plenty of water and practice self care following. Sessions cannot occur if intoxicated.**

Sessions will be scheduled in BST/ GMT time zone. Please consider this if you are booking and are in another time zone. Payment must be received prior to commencing the session.

*Empathic Flow*