



OFFERING DESCRIPTION

Reiki (Valina Jackson):

Reiki is an energetic healing modality for stress reduction and relaxation which promotes healing of the Mind, Body and Spirit. The Reiki practitioner will use the energy emanating from their hands, as well as their acutely refined intention, to help balance the energy that flows in and around you. When your energy is low, you are more inclined to get sick, or feel stressed. After a Reiki session you will experience such a deep sense of relaxation that your body, mind and spirit will be in natural alignment.

For more information email info@siurawellnessgroup.com