



Hunterdon Health

Hunterdon Health and Wellness Centers



REIKI HEALING

*Services offered by Ryah Dekis,
Usui Reiki Master*

What is Reiki?

REIKI IS A NON-INVASIVE, JAPANESE TECHNIQUE TO PROMOTE HEALING BY RELEASING CONGESTION FROM ENERGY CENTERS TO ENABLE A GOOD FLOW OF ENERGY IN THE BODY. IT IS AN ALTERNATIVE HEALTH APPROACH TO STIMULATE THE BODY'S NATURAL HEALING ABILITIES.

How is it performed?

IT IS ADMINISTERED BY "LAYING ON HANDS" ON MAJOR ENERGY CENTERS (CHAKRAS) OF THE BODY, AND CHANNELING UNIVERSAL LIGHT AND LOVE THROUGH THE USE OF CRYSTALS AND MINDFUL MEDITATION.

What are the benefits?

REIKI HAS BEEN KNOWN TO PROVIDE SEVERAL BENEFITS FOR ONE'S HEALTH AND WELLBEING. SOME OF THESE BENEFITS INCLUDE PAIN RELIEF, STRESS AND ANXIETY REDUCTION, IMMUNE SYSTEM CLARITY, AND IMPROVEMENT IN DIGESTION AND SLEEP.

RYAH WILL BE OFFERING REIKI SERVICES ON FRIDAY, **SEPTEMBER 30TH** FROM **11-4 PM** AT THE HUNTERDON HEALTH AND WELLNESS CLINTON CENTER

**30-MINUTE SESSION
\$45.00**

SESSIONS ARE MADE BY APPOINTMENT ONLY
908-735-6884