



St Josephs By The Sea Reiki Clinic



Come and experience the healing touch of Reiki

We are delighted to offer those needing special consideration a Reiki for relaxation service in our Wholeness Room here in the beautiful environment of SJBTS.

- Treatments:** 1 hour Reiki Treatment
- Location:** Wholeness Room, St Joseph's By the Sea
16 Esplanade, Williamstown VIC 3016
- Price:** \$60.00 Concessional rate* *Paid directly to your therapist via cash/bank transfer*
- Dates 2024:**
- 9th February
 - 1st March
 - 5th April
 - 17th May
 - 14th June
 - 12th July
 - 9th August
 - 6th September
 - 4th October
 - 1st November
 - 13th December
- Treatment Times:** 10.00 am, 11.15 am, 1.00 pm, 2.15 pm
- Bookings:** To book your treatment, contact: **Christine: 0420 715 259**

What is Reiki?

Reiki is a gentle, yet powerful healing modality where 'universal life force energy' is harnessed to assist with healing. This hands on, non- invasive therapy works by channeling the energy through the 'chakras' (energy centres in the body), which in turn flow to major organs, glands and other body parts. Reiki originated in ancient Tibet; records show that it was understood how the life force energy flowed throughout the body to promote healing. 'The function of the chakras is to spin and draw in this energy to facilitate the balance between spiritual, mental, emotional, and physical health of the body' *1. The chakras coincide with the Western Endocrine system. The Chinese called the energy Chi, the Indians knew it as Prana, and the Japanese as Ki. Reiki as we know it today comes to us through the rediscovery and development of these ancient sutras during the 19th – 20th Century by the monk Dr. Mikao Usui.

Restorative effects of Reiki

The Deep relaxation from Reiki acts through the autonomic nervous system to:

- Lower blood pressure
- Relieve tension and anxiety
- Stimulate the brain's production of endorphins to decrease the perception of pain
- Reduce heart rate
- Encourage healing at all levels
- Increase the unimpeded flow of life-force energy through the body *2

Who can benefit from a Reiki treatment?

Reiki benefits almost anyone, but is very effective in treating those with nervous disorders, people who prefer clothed treatment, those living with terminal conditions, the very young, and the elderly; all of whom can derive great benefits. Reiki is compatible with other therapies, especially with those 'energetic therapies' such as reflexology, shiatsu, meridian therapy and more.



Bookings are by appointment only

*You will be asked to complete a brief client consultation & consent form prior to your treatment
Sessions are available at the concessional rate for concession, health care & pension card holders

1. S. Battaglia, *Practical Guide to Chakras and Aromatherapy, Perfect Potion.*
 2. *Reiki Energy Medicine.* L. Barnett, & M. Chambers, Healing Arts Press, Rochester Vermont 1996.