

# REIKI HEALING

## BY USCHI HERRMANN

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#### *What is Reiki?*

Reiki is a Japanese technique for stress reduction and relaxation that also promotes self healing. It's usually hands-on and is based on the idea that an unseen life force energy runs through the body.

#### *Hands on Reiki*

Reiki therapy is based on an Eastern belief that vital energy flows through your body. The idea is that a Reiki practitioner uses gentle touch or places their hands just above your body to help guide this energy in a way that promotes balance and healing.

Reiki is linked to a range of physical and emotional health benefits, including better sleep, improved mood, and pain relief in published studies. Research suggests Reiki helps the body return to a state of relaxation, which allows it to potentially better heal from damage brought on by stress, injury, or disease. There's evidence that Reiki, used as a complementary therapy with conventional or mainstream medical care, can help people recover after surgery and manage symptoms.

**Session Fees: Bt 3,000 (60 min)**

**\*All Prices are nett**



### About Uschi Herrmann

Uschi Herrmann is a Reiki Master Teacher. Uschi has been involved in the healing arts and spirituality for over 20 years. She discovered her spiritual gifts and passion for healing after recovering from addictions.

In her work, Uschi's heart-centered approach comes from a place of deep empathy and caring. Her first aim is to assist her clients with the releasing and balancing of trapped energies so that the new may come in. Old limiting mindsets and emotional/physical patterns start to shift allowing for greater peace, harmony, and well-being to be experienced.