

REIKI - LEVEL I - FRIENDS AND FAMILY

Location **South West, Hampshire**
<https://www.freedasz.co.uk/x-451769-z>



Reiki is a natural healing system which is to help heal oneself and aid relaxation. Hands are held just above the body to support the flow of energy throughout the healing process to bring about balance and harmony. Can help people who suffer with depression, migraines, back pain, and stress related disorders. This five week course and no previous knowledge is required as everyone has the ability to heal. The course is due to start on Monday, 7th November 2016, 7-9pm and is held in The Portsmouth Academy, St Mary's.



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