

## Reiki or One-on-one Pilates sessions



Location South West, Isle Of Wight https://www.freeadsz.co.uk/x-550437-z



Look, feel and deal with the everyday stresses of everyday living. If you neglect your health and wellbeing, your body's need for essential maintenance and regular breaks, it can lead to STRESS and other health problems such as DEPRESSION, MOOD DISORDERS, PYSCHOSOMATIC PAIN and ILLNESS, SEXUAL DYSFUNCTION, EATING DISORDERS and a wide variety of PSYCHOLOGICAL PROBLEMS. REIKI can be used to rebalance the mind, body and spirit and bring it back into.

