

Private REIKI Sessions

at Yoga Oceanside



A Reiki session is an individualized experience that is relaxing, gentle and safe for all. It involves healing in a way that will empower you while respecting your feelings and choices.

Reiki energy heals on all levels and feelings of deep relaxation are usually felt by all. As the Reiki energy encourages one to let go of all tension, anxiety and negative feelings, a state of peace and well-being is experienced.

Benefits of REIKI Healing?

- Promotes and accelerates the body's own natural ability to heal.
- Strengthens the immune system allowing it to better deal with daily stress.
- Calms and balances the emotions, cultivating feelings of contentment, peace and love.
- Aids in deep, restful sleep. One hour of Reiki equals three hours of deep sleep.
- Improves memory, decision making and the ability to concentrate.

Yoga Oceanside
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www.YogaOceanside.com

Pricing

Introductory Package (first time clients)

- 3 Healing Sessions \$265

Healing Sessions

- Single Session \$95
- 3 Sessions \$275

All sessions are 75 minutes and include essential oil therapy and crystal healing.

Booking Policy

- Prepayment by credit card is required to book all private sessions.
- To avoid charges, a 24-hour notice to cancel is needed. Late cancellations (under 24 hours) and no shows are charged 50% of the cost of service.
- Packages expire 1 year from the date of purchase.
- To maximize the benefits of Reiki healing we recommend a minimum of 3 sessions.

